# THE TREASVRIE OF Hidden Secrets,

Commonly called,

The Good-huſwiues Cloſet of prouiſion, *for the health of her Houſhold.*

Gathered out of ſundrie experiments, lately practiſed by men of great knowledge: And now newly inlarged with diuers neceſſary Phyſicke helpes, and knowledge of the names and diſpoſition of diſeaſes, that moſt commonly happen to men and women.

Not impertinent for euery good Huſwife to vſe in her houſe, amongſt her owne Familie.

LONDON,
Printed by *Elizabeth All-de*, dwelling neere Chriſts-Church. 1633.

# THE TREASURIE OF Hidden Secrets,



LONDON,

# To all VVomen that loue and profesſe the practice of good huſwifery, as well Wiues as Maides.

COurteous Gentlewomen, honeſt Matrons, and vertuous Virgins, I did not long agoe print (in my opinion) a very neceſſary Booke of Cookery, and bequeathed it vnto you, called, The Good huſwiues hand-maid for the Kitchin; and perceiuing no leſſe, but that it was acceptable among many of you, I haue lately reprinted the ſame; and for that this Booke, called, The good huſwiues Cloſet, of neceſſary prouiſion for the health of her houſe-hold, containing, The manner as well to make all kinde of Conſerues and Sirrops, and Suger-paſte for banquetting diſhes, Succade, Marmalade and Marchpane, diuers ſweet diſtilled waters of great vertue, fine Powders for Preſſes, and Cheſts, with woollen and linnen Clothes, and Furres, to keepe them from moth-eating; and many precious Oyles of ſundry operations and effects: as alſo neceſſary directions for preparation of good and wholeſome Kitchin Phyſicke, in making good Medicines, wholeſome Drinkes, and other comfortable things, to helpe and cheriſh the ſicke and weake in your houſe, hath likewiſe beene printed by me aforetime; I thought good now to aduertize you, that I haue conferred them both together, and in examining them, found ſome things in the one, more pertinent vnto the other; and ſome things in the one that was likewiſe in the other, and therefore needleſſe that the ſelfe-ſame things ſhould be in both, I haue therefore placed each thing that before was out of order, in his due and conuenient place, and doe commend both vnto your pro-

tection: the one for your Kitchin, and this other ready helpe, alwayes at hand as a Storehouse, or Treasurie of many profitable secrets, and vnknowne conceits to be vsed as occasion shall require. First, printed at the request of a Lady of great calling, and now augmented with some rare conceits not before published: How good soeuer they be, yours they be: and my selfe at your command, to publish any thing that may be to your good liking, and to amend what otherwise shall proue to your discontentment,

*I. W. Printer.*

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## The Author of these Secrets to this Booke.

*Vpon occasion that a Lady of Honourable regard, hauing seene this Booke in writing, earnestly requested, or rather commanded to haue a coppy of the same.*

GOe little Booke of profit and pleasance,
To my Honourable Lady without delay:
Shew her I send thee for performance
Of her request, sith she would haue no nay:
Yea, say, her command of me hath obtained
Thee: that no gold nor good could haue gained.

The

# The Treasurie or Closet of hidden Secrets.

## To make a Marchpane. chap. 1.

TAke halfe a pound of blanched Almonds, and of white suger a quarter of a pound, of Rose water halfe an ounce, and of Damaske water as much: beat the Almonds with a little of the same water, and grind them till they be small: set them on a few coales of fire till they ware thicke, then beat them againe with suger fine: then mixe the sweet waters and them together, and so gather them, and fashion your Marchpane: then take wafer-cakes of the broadest making, cut them square, past them together with a little liquor, and when you haue made them as broad as will serue your purpose, haue ready made a hoope of a greene hazell wand, of the thicknesse of halfe an inch, on the inner side smooth, without any knags: lay this hoope vpon your Wafer-cakes aforesaid, and then fill your hoope with the geare aboue-named, the same driuen smooth aboue with the backe of a siluer spoone, as ye doe a Tart, and cut away all the parts of the cakes, euen close by the outside of the hoope with a sharpe knife, that it may be round: then hauing white paper vnderneath it, set it vpon a warme hearth, or vpon an instrument of Iron or brasse made for the same purpose, or into an Ouen, after the bread is taken out, so it be not stopped: it may not bake, but only be hard and thorow dried, and ye may, while it is moist, sticke it full of Comfets of sundry colours in a comely order, yée may moist it ouer with Rose water and suger together: make it smooth, and set it into the Ouen or other Instrument, the clérer it is like a Lanterne horne, so much the more commended. If it be through dried & kept in a dry and warme aire, a Marchpane will last many yéres. It is a comfortable meat, mét for weake folks, such as haue lost the taste of meats by much and long sickness. The greatest secret that is in making this clére, is with a little fine flowre of Rice, Rose water and suger beaten together, and laid thin ouer the Marchpane ere it goe to drying. This will make it shine like Ice, as Ladies report.

## To gild a Marhcpane, or any other kinde of Tart. chap. 2.

Take & cut your leafe of gold, as it lyeth vpon the booke into square péeces like dice, & with a Conies toiles end moisted a little, take the

gold by the one corner, lay it on the place, being first made moist, and with another taile of a Cony dry, presse the gold downe close. And if you will haue the forme of an Hart, or the name of Iesus, or any other strange thing whatsoeuer, cut the same through a piece of paper, and lay the paper vpon your Marchpane and Tart: then make the void place of the paper moist with Rose water, lay on your gold, presse it downe, take off your paper, and there remaineth behind in gold, the print cut in the said paper.

## To bake Quinces. chap. 3.

Pare them, take out the coare, perboile them in water till they be tender let the water run from them till they be dry: Then put in euery coffin one Quince, in it a good quantitie of marrow. Also take Sugar, Cinamon, and a little Ginger, and fill the Coffin therewith, close it, let it bake an houre, and so serue it.

## To keepe Quinces vnpared all the yeere. chap. 4.

Take ripe Quinces, and at the great end cut out a simple, then take out the coare cleane, and stoppe the hole againe with the same stopple (but pare them not) and perboile them a little, take them vp, and let the water draine from them, then put all the coares, and some of the smallest Quinces in little peeces all to cut, into the water wherein all the Quinces were perboiled, and let them seeth till the liquor be as thicke as molten size that Painters occupie, then take it from the fire, and let it cole: in the meane season couch your cold Quinces in a barrell, or in an earthen pot, the great end downward (if the stopple be out, it makes no matter) and one vpon another. Then put the liquor in, that it be an handfull ouer and aboue them: Couer them close, and after 4. or 5. daies looke to them, and when you see the liquor sunke downe, put in more of the same, which you purposely kept to couer them, as before: then lay a board vpon them, and a stone, that they rise not, & couer the vessell close with a thick cloth folded that it take no aire, so let them remaine. And when ye intend to occupie some of the, vncouer the vessel, & ye shall find a creame couering the whole liquor, breake it in the middest, turne it ouer with your hand, then take out your fruit in order, beginning in the midst first, then by the sides, so that you remoue none, if it may be, but those that they take away: and euery time you breake the creame, turne it ouer again into his place, for you must know, that the creame keepeth out the aire, and keepeth in the strength of the sirrop, therefore it maketh much to the conserua-

tion

tion of the fruit to saue it, and also to see the vessell close couered. Also, when you will bake your Quinces, wash them well and cleane in warme water, and bake them as before is written.

## To make Vineger of Roses.

In Summer time when Roses blow, gather them, ere they be full spred or blowne out, and in dry weather, plucke the leaues, let them lie halfe a day vpon a faire bord, then haue a vessell with Vineger of one or two gallons (if you will make so much Roset:) put therein a great quantitie of the said leaues, stop the vessell close after that ye haue stirred them well together: let it stand a day and a night, then diuide your Vineger and Rose-leaues together in two parts, put them in two great glasses, and put in rose leaues enough: stop the glasses close, set them vpon a shelfe vnder a wall side on the South side without your house, where the Sunne may come to them the most part of the day; let them stand there all the whole Summer long, and then straine the Vineger from the Roses, and keepe the leaues, and put in new leaues of halfe a daies gathering, the Vineger will haue the more odour of the Rose.

You may vse in stead of Vineger, Wine, that it may ware eager, and receiue the vertue of the Roses both at once.

Moreouer, you may make your Vineger of Wine White, Red, or Claret: but the red doth most binde the belly, and the White doth most loose.

Also, the Damaske Rose is not so great a binder as the red Rose, & the White loseth most of all: Hereof you may make Vineger roset.

Thus also you may make Vineger of Violets, or of Elderne flowers: but you must first gather and vse your flowers of Elderne, as shall be shewed hereafter, when we speake of making conserue of Elderne flowers.

To make Paste of Suger, whereof may bee made all manner of fruits and other fine things with their forme: as Platters, Dishes, Glasses, Cups, and such like things, wherewith you may furnish a Table, and when you haue done, you may eat them vp. A pleasant conceit for them that sit at the Table. cap. 6.

Take Gum Dragant, as much as you will, and steepe it in Rose-water vntill it be mollified, and for foure ounces of Sugar, take of it

the bignesse of a beane, the iuyce of Limons, & Walnut shell full, & a little of the white of an Egge: but you must first take the Gum, & beat it so much with a pestle in a morter of white marble, or brasse, vntill it become like water, then put to it the iuyce with the white of the Egge, incorporated well together. This done, take foure ounces of fine white suger well beaten to powder, & cast it into the morter by little & little, vntill it be turned into the forme of paste: then take it out of the said morter, & bray it vpon the powder of suger, as it were meale or flowre, vntill all be like paste, to the end you may turne it, & fashion it, which way you will: when you haue brought your paste to this forme, spread it abroad wit Cinamon vpon great or small leaues, as you shall thinke it good, and so shall you forme and make what things you will, as is aforesaid, with such fine conceits as many serue at table, taking heed that there stand no hot thing nigh vnto it. At the end of the banquet they may breake all, & eat the platters, dishes, glasses, cups, and such like: for this paste is delicate and sauourous. If you will make a thing of more finenesse than this, make a Tart of Almond, stamped with suger and Rose water of like sort that Marchpanes be made of: this shall you lay betweene two pasts of such vessels, or fruits, or some other thing, as you thinke good.

## To make Orenge Comfets. chap. 7.

Take Orenge pillings, lay them in faire water a day and night, then seeth them in white Wine: then take them out of the Wine, and put them in an earthen pot, & put therein Suger, Cinamon, Cloues, and Mace whole, and seeth them together without any other liquor, and so it is made.

## To make fine blanch powder for rosted Quinces. chap. 8.

Take fine Suger halfe a pound, beaten in a hot morter to fine powder, of white Ginger pared halfe an ounce, of chosen Cinamon a quarter of an ounce, beaten ready to fine powder, mixe them well together, and if you will haue it most excellent, cast two spoonfull of Rose or Damaske water in beating of the Suger.

## To preserue Quinces in sirrop condite, alway ready to bee serued in whole, in quarters. chap. 9.

After your Quinces are coared and pared, seeth them till they be tender and soft: then lay them out till they be cold, in the meane

times, take of the same liquor two quarts or more, (according to the number of your Quinces which ye will keepe) & put therin the coares and some other small peeces, seethe them in the liquor, to make the syrop strong: straine them, and put into the liquor, being two or three quarts, one pint of Rose water, and for euery quart of liquor one pint of Rose water, and for euery quart of liquor, one halfe pound of Suger, seeth them againe together on a soft fire of coales, till the Suger be incorporated with the liquor, then put in your Quinces, let them seethe softly till you perceiue that your syrop is as thicke as life Hony, then set them to coole, and take them out, lay them in a tray or platter till they be cold: then take one ounce of bruised Cinamon, and some whole Cloues, put them with some of the Cinamon into the syrop, and when it is cold, lay a lard of Quinces in your glasse (called a gestrein glasse) or in an earthen pot well glazed: then strew a little of your Cinamon vpon your Quinces, then powre some syrop, lay on another lard of Quinces, and againe of your spice and syrop, and so forth, till you haue done, and couer them two fingers ouer with syrop aboue, couer them close: and within three or foure dayes looke to them: and when you finde the syrop thrunken downe, put in more, and so reserue them. These are to be serued in with syrop. See that the Quinces be tenderly sodden, and the syrop thicke and strong enough.

## Plummes condict in syrop. chap. 10.

Take halfe a pound of Suger, half a pint of Rose water, and a pint of faire raine water, or of some other distilled water, seethe the Suger, and the two waters vpon a soft fire of coales till the one halfe be consumed: then take it from the fire, & when it leaueth boiling, put therein halfe a pound of ripe Damasins, or other plums, and set it againe on the embers, and keepe it in like heat, till the plums be soft by the space of an houre, if need be: then put in some Cloues bruised, and when it is cold keepe it in a glasse, or in an earthen Gallipot: the stronger the syrop is with Suger, the better it will continue. Some put into the syrop Cinamon, Saunders, Nutmegs, Cloues, and a little Ginger, seethe them not hastily, for feare of much breaking.

## To make Walnuts of syrop, chap. 11,

Take your Nuts ten dates before Midsummer day, lay them in water, and change them morning & euening, till nine or ten dates be past, then pare off as thin as ye can the vtter rinde, but the very

ground of them, and sæthe them in such syrrop as yée doe Orenges, and when it is sodden ye must kæpe them in a new syrrop of the same making, or else make a syrrop to sæthe them in of clarified hony, take raine water, for lacke of that, take other water, take three times as much water as ye doe hony, and sæthe it long and softly, then as the skim doth rise, take it off, and so let it sæthe till it be cleane scummed, and assay it upon your naile; if it tarry there, it is thicke enough, else not: there is all, and sæthe your Nuts therein, and put them in a syrrop of Suger.

To make Marmalad of Quinces. chap. 12.

After that your Quinces are sodden, ready to be kept condite as before in the chapter is written, then with some of your liquor wherein they were sodden (but without any spice) beate them, and drawn them as ye would doe a Tart: then put some ouer the fire, and sæthe them softly, & in sæthing, strew by little and little of powder of Suger, the weight of the Quinces or more, as your taste shall tell you, stirre it continually, put thereto some pure Rose water, or Damaske water, let it sæthe on height till it be well standing, which thing ye may know, by taking some of it upon a cold knife, and let it cole: if it stiffe, be then take it off, and box it while it is warme, and set it in a warme and drie ayre: if you will gild your Marmalade, doe as afore is spoken of a Marchpane.

The best making of Marmalade, is when the Quinces haue laine long, and are through ripe, and very yellow, as in Lent season.

And for as much as Quinces are binding, and therefore not good for some sicke folks costiue, it is necessary to put a good many of ripe Apples of good verdure, as Renet, Pippin, Lording, Rusletting, Pomerall, Rex Pomorum, or any other Apple that is pleasant, raw among them, being first drawne from a Tart, and then sodden among the other matter of Quinces. Thus shall you make your Marmalade somewhat souple, and also increase the quantity and vertue of the same, especially if it be well bathed with sweet water.

To make Marmalade of Damasins or Prunes. chap. 13.

Take Damasins which are ripe, boyle them on the fire with a little faire water, vntill they be soft: then drawe them thorow a course boulter, as ye make a Tart, set it on the fire againe, sæthe it on height with sufficient Suger as you doe your Quinces, bath it with sweet water, &c. and box it.

If you will make it of Prunes, doe likewise put some Apples to it as you did to your Quinces. This wise you may make Marmalade of Warvens, Peares, Apples, and Medlers, Ceruise, Cherries, or Strawberries, euery one by himselfe, or else mix it together as you thinke good.

To make a Succade of peeles of Orenges or Limmons. chap. 14.

First, take off your peles by quarters, and seeth them in faire water, from three quarts to three pints: then take them out, and put to as much more water, and seeth them likewise, and doe so againe, till the water wherein they are sodden, haue not bitternesse at all of the peles, then are they ready. Now prepare a sirrop as ye doe for Quinces condict in the sirrop, in the 9. chap. before written, seethe them in a glasse or pot.

To make Greene Ginger. chap. 15.

Take the rases of cased Ginger of the fairest, and vse them as followeth: Lay abroad lane of faire sand vpon a faire floore on the ground, halfe a foot thicke, then lay you rases of Ginger vpon the sand in order, couer the Ginger with more sand, foure or fiue inches thicke, sprinkle the sand ouer with faire water twice euery day, that it may be moist, thus daily doe till ye shall perceiue you rases to be soft. Then take vp your rases, wash them, and scrape them cleane, haue a sirrop ready made, as is aboue said, seeth them in it till they be well seasoned: take them vp, and with some of the sirrop cast them or put them into a pot of stone.

To make Manus Christi. chap. 16.

Take halfe a pound of fine white Suger, put therto foure ounces of Rose water, seeth the vpon a soft fire of coales til the water be consumed, & the Suger is become hard: then put therein a quarter of an ounce of the powder of Peaules, stirre them together, put for euery spoonfull a pece of a leafe of gold cut of purpose, cast them vpon a leafe of white paper, being first anointed with sweet Butter for cleauing so.

To make Aqua Composita. chap. 17.

Take 4. gallons of the best Ale, drawne from the yeast 24. houres after it hath stood tunned, & put it into a close vessell, wherein you shall put these herbs following, and 4. ounces of Licoras scraped & bruised in a morter, & so much Annised well garbled, then stir them together twice a day for the space of three dayes, & let them stand 24. houres after: then put them into the stilling pot, and (if you please)

you may also put in the lees of Malmesey or Sacke, or any other distilled waters, but fill not your pot too full, then set on your Limbeck, and close it fast to the pot, and keepe a soft fire vnder it. These are the herbs with their quantities.

Isop, Time, Rosemary, Sage, Parsley, Borage, Langdebefe, red Fennell, Worrell, Harts-tung, Bay-leaues, Buglosse, Scabias. Marigold, Costmary, Ribwort, Sentory, Liuerwort, Fumitory, of each a handfull.

Harierum gentle, Basill, Mints, Champane, Woodbind, Patience, Valerian, Endiue, Wormewood, Penitroyall, Cammomill, of each halfe a handfull.

To make Aqua vitæ. chap. 18.

Take foure gallons of strong Ale or Wine lees, and put them in a vessell, and couer it well: then put to it three or foure handfull of Rosemary, Penitroyall, Liuerwort, Harts-tongue, or any other good herbs, and stirre them together twice or thrice a day, for the space of foure dayes: then put them in a braſſe pot, and still with a temperate fire, for else you burne your pot and lose your Aqua vitæ, which will stinke and looke red: Also looke you keepe your water in a temper, and when it is very hot let it out, and put in cold water againe into the vpper part of the Limbeck, and so change your water as it waxeth hot.

Take a spoonfull from vnder the spout, and light it with a paper, and if it burne cleane out, it is good, else not.

How to make diuers necessary Oyles of great vertue. chap. 19.

Oleum Hipirici.

Take the tops of flowers of S. Johns wort, that hath red impe, three ounces, three them small, and lay them to steep in sweet Wine, as much as needeth three dayes: then boyle them in a double glasse, close stopt, expresse out the liquor from them, which done foure times with freely flowers, and a little more wine, if any be wasted, if not, take the wine the fourth time strained, put to it Terebinthij 3. ounces: of good Oyle 6. ounces, and of Saffron a scruple, so let them boyle till the wine be consumed: which purged cleane out from the grounds, reserue to be vsed.

It is hot and dry, and binding, wherefore it healeth the aches and wounds of the sinewes, taketh away the paine of the hips, thighes, and bladder, and helpeth the wine.

Oyle

Oyle of Rue.

Take blossoms and tops of Rue so many as you list, which small shred, put into some glazen vessell, & powre out so much sweet Oyle as will cover them, and close stopt, let it stand in the Sun, or in some other hot place five dayes: then boyle it, and being strained from the herbs, take so many fresh herbs, and use it as aforesaid foure or five times, and reserue it to vse as aforesaid.

It is hot, opening, resoluing, and mitigating paine: it heateth the reines, bladder, and Matrix, it taketh away the paines of them, and the Collick, if the belly be anointed therewith, or a glisser made therewith, it is good for the sinnewes, helpeth the Cramp and putteth away cold humors.

Oyle of Dill.

Take the flowers and leaues of Dill, &c. as afore of Rue. It mitigateth paine, openeth the pores, prouoketh sweat, resolueth vapors, impostumes, swellings, and hardnes in any place, and if the backbone be anointed, it easeth the paines and growing of Kearnes.

Oyle of Elder flowres in the same manner.

It soupleth, cleanseth the skin, helpeth the weakenesse of the liuer, and the stopping of the same, and greatly allwageth the paine of the ioynts.

Oyle of the leaues and flowres of Cammomile, as Rue and Dill.

It is good against the Pleurisie, openeth the pores, resolueth vapors, correcteth the euill quality of humours, and is good for the sinewes, and abateth the paine maruellously.

Oyle of sweet Mints, as aforesaid.

It comforteth a weake stomacke, stayes vomit, moues appetite, helpeth concoction, and taketh away loathsomnesse.

Oyle of Wormewood.

It is hot, and comforteth the parts that are too much cooled, chiefly the stomacke, prouoketh appetite, taketh away obstructions, and killeth wormes.

Oyle of Roses, and of Rose buds.

It is good against inflammations, it cooleth the burning and boyling of the stomacke, and fretting of the bowels, if it be giuen in glister, and to anoint the teeth, it taketh away the ach.

Of the Oyle of Violet flowres,

It is good against all inflammations and heat.

To make Oyle of Earth-wormes.

Take of Earth-wormes halfe a pound, of good Oyle two pounds, of sweet wine two ounces: boyle all together vntill the wine be quite consumed, then straine it and keepe it.

This Oyle is good for the sinewes that are cold, and helpeth the paine in the ioynts.

Oleum Benedictum.

Take of Oyle two pound, Storax Calamite Labdanum, Olibanum, Saffron, Gum Arabick, Padder, gum of the Iuy tree, Aloes Succotrine, Mastich, Cloues, Galingale, Cinamon, Nutmegs, Cubebes two ounces, Gum Elamy a pound, Myrrhe, Bdellium halfe an ounce, Galbanum six ounces, Spike an ounce, Rosin of the Pine tree, Armeniack, Opoponax two drams: beat all to powder that is to be beaten, and mixt with the Oyle, and put all into a stillitory of glasse, with the head and receiuer so closed, that no aire come out, setting your Limbeck vpon a soft fire twelue houres, increasing your fire from six houres to six, till all be stilled. This done, beat all the residence in the bottome of the still to fine powder, and with the same Oyle distill it the second and third time as afore, and it shall be as it were Balme.

It is good against Crampes, Palsies, paines of the ioynts, cold Catars, greene wounds and vlcers, it comforteth the spirit, openeth obstructions, one drop in the eare helpeth the hearing: A rose-cake dipped in it, and laid to the Temples, helpeth the Megrim, and taketh away the swimming of the head: an ounce in sweet wine drunke 3. dayes together, cureth the disease of the Lungs, and the quartaine Feauer. If you giue a spoonfull with wine thirty dayes with a little powder of Piony roots, it helpeth the falling sicknesse: so that if the coronal commissure be also anointed, it easeth the paine of the French Pocks, and is good against the stinging of any venemous beasts, and for all diseases of the sinewes.

To make Conserue of Roses, or other flowres. chap. 20.

Take buds of red Roses somewhat before they be ready to spread: cut the red part of the leaues from the white, and beate and grinde them in a stone morter with a pestle of wood, and to euery ounce of Roses, put three ounces of Suger in the grinding (after the leaues are well beaten) and grinde them together till they be perfectly incorporated, then put it in a glasse made of purpose, or else into an earthen

pot,

pot, stop it close, and so kepe it. Thus you may make Conserues of all kinde of flowres commonly vsed for Conserues.

The vertue of Conserue of Roses.

Conserue of Roses comforteth the stomacke, the heart, and all the bowels, it mollifieth and softneth the belly, and is good against black Choler and Melancholy. Conserue of white Roses doth lose the belly more than the red.

To make conserue of Violets. chap. 21.

Take the flowres of Violets, and pick them from the stalke, beat and grinde them with suger as you did your Roses: to these put double the weight of suger to the weight of Violets, but to all flowres put three parts of suger to one part of the flowres.

The vertue of the same.

Conserue of Violet flowres is good against the heat and inflamation of Choler, called yellow choler, it quencheth thirstinesse, it maketh the belly moist and soluble.

The vertue of conserue of Bugloss. chap. 22.

Conserue of Bugloss flowres comforteth the heart, it is good for the franticke, and for the melancholy: it is good for the Sincop and sowning, it taketh away heart burning, and trembling of the heart or stomacke, it profiteth against choler.

The vertue of conserue of Borage. 23.

Conserue of Borage flowres is of like vertue it is especially good against blacke Choler or Melancholy, it also maketh one merry.

The vertue of conserue of Rosemary. chap. 24.

Conserue of the flowres of Rosemary comforteth the cold and moist brayne, it comforts also the sinewes, it is good against melancholy and fleame.

To keepe Cherries condict, or Gooseberries. chap. 25.

Make your sirrop as for Plums, then take halfe a pound of Cherries, and cut off halfe the length of the stalke of every Cherry, put them into the sirrop, and vse them as you did the Plummes, put in what spice pleaseth you, and so kep it as before is written: but make your sirrop strong enough of suger, lest it way hoare and corrupt: then must ye make a new sirrop stronger of suger, & put the Cherries in it to kep, as before is said: Thus may you do with Gooseberries to make of them Tarts or sauces all the yeere long, saving that Goose-

berries

berries may be well sodden without breaking, because of their rough skinne, so it be softly and diligently done.

## To make a Conserue or Ielly of Quinces, after my Lady Gray Clements sort, vnstrained. chap. 26.

Take six pints of faire water, put in a faire vessell, put thereto the whites of five egges, and with your hand all to beate the water and the egges together, till you shall see your liquor rise with great some: then put into your liquor six pounds of suger, to five pints of water, that is halfe measure, if ye make it at Michaelmas or at Hollantide: after that, fiue pounds and a halfe of suger will serue five pints of water. Then set your liquor, egges, and suger on the fire, and let them seethe till the scum arise: then take it off and scum it cleane, and set it on the fire againe, and scum it still, as long as there will any foule thing or scum arise. Then put in twelue pound of Quinces with the coares taken out, so let them boyle softly, and still scum if any thing doe arise: and when it beginneth to looke red, lay a drop of it vpon a paper, and when ye finde that it will stand vpon the paper, then it is sodden enough: then take it off, and let it run thorow a fine haire sine into your bores, and with a spoone take off the froth aboue, and this will keep, but it must seethe soberly, and no rash fire, but a continuall reasonable fire.

## To preserue Quinces all the yeere, as it was vsed for King Edward. chap. 27.

Take your Quinces and pare them, and seethe them in cleare water till they be tender, then put the water from them: then take suger, and put water to it, to a pound and a halfe of suger put halfe a pint of Rose water, so seeth them together till they be thick like a sirrop, and seeth them all till they be browne. Then take out the Quinces, and let the sirrop seeth againe till it be somewhat thicke, as ye see the sirrop of greene Ginger. Then put in your Quinces againe, and let them seeth three or foure Pater Noster whiles, then take them from the fire, and put them in a stone pot, or a little vessell of wood, and thus keepe them all the yere: If you list to put Cinamon, you must put to euery fiue pound of suger one ounce of Cinamon, and if you haue no store of Rose water, ye may make the same sirrop of running water, but it will not be so pleasant as Rose water, but it will doe very well.

To

## To make Quinces in sirrop. chap. 28.

Take the ripe Quinces, and take out the coares of them, and pare them, and euer as they be pared, cast them in faire water: when they are all pared, take a pot of faire water, and put your Quinces in it, let them sæthe till they be so tender that ye may put a straw or rush thorow them: then take to your Quinces fiue or six pounds of Suger, and take foure cleane water, as much as ye thinke will couer your Quinces, and put into this water your Suger, and foure or fiue whites of Egges all to beaten, so that there may rise vpon them a froth. Then put them so dressed into your water with Suger, and let that stand vpon the fire, till it hath sodden a wallop or twaine. Then take a peece of a woollen blanket, and powre this water thorow with Suger and all; then put this water into a faire pot, and the Quinces together, and let them sæth till your Quinces be very tender, and euer as there riseth any white or any thing, scum it off cleane. Then take out your Quinces, and let your sirrop boile till a spoone will stand in it, and when your sirrop is cold, put in your Quinces and stop it close, and within three daies looke vpon it againe, and if the sirrop wax thicke, take more water and Sugar, and dresse it as afore written, and when you haue put it thorow a cleane cloth, then take the Quinces and the new sirrop, and put all together, and let them sæthe a while: then take out your Quinces and let the rest sæthe till it come to a sirrop, and when your sirrop is cold put your Quinces in, and so kæpe them all the yeere, but before that your sirrop be thicke enough, or else it will marre all: you may not put in your Quinces at the second sæthing, till your sirrop be somewhat thicke, for they be not put in to sæthe, but to soake out the watrinesse of the first sirrope, and therefore they may sæth but a little while of the second sæthing.

## To make conserue of Damsons. chap. 29.

Take Damsons and wash them in faire water, and drie them with a cloth, and put them in an earthen pot, and fill your pot with them, and couer your pot with a peece of paste, and put your pot in an empty Ouen, which was filled with bread, & then put in your pot after the bread is out, & stop it very close, & let it stand foure houres. Then take it out, and put your Damasins in a peece of thicke Canuas, and let the licnor that runneth from the, come into a faire pan, & in any wise breake not the Damasins that are in the cloth to haue

more liquor, for you must haue no liquor but that which commeth from them. Then take a faire boyling pan, and put your liquor in it, and put to it as much beaten Sugar of the finest, as ye thinke will make it sweet, and seethe it vpon a quicke fire, and when ye thinke it is enough, take a sawcer, and with your stirring sticke let a drop fall vpon your sawcers syde, & if it be enough, it wil be somewhat stiffe. Then take it from the fire and put it into your box, also you must stirre it still.

To preserue Damasins. chap. 30.

You must take for euery pound of Damasins halfe a pound of Suger. First make your sirrop with Suger and rosewater, and when you haue boiled it a while, then put in your Damasins, so that they lie not too neere together, so let thē boile till they be red at the stone, then take them out, and put them in a platter, & then put in more to the same sirrop, and let them boile as the other did: and when they be all boiled and cold, close the skinnes as close as ye can, & powre on the liquor being hot, and so let them stand a while or euer that you put them into the glasse.

To make Wardens in sirrop. chap. 31.

Take Wardens, and cast them in a faire pot, and boile them till they be tender, then take them vp and pare them, and cut them in two or three peeces, and take powder of Cinamon a good quantity, and put it in red wine, and straine them, and cast thereto Suger. Then put it in an earthen pot, and let it boile together, and when they are well boiled, take powder of Ginger, and colour it with saffron, and looke that it be poynat and dulcet.

To make Prunes in sirrop. chap. 32.

Take Prunes, and put Claret Wine to them, and Suger, as much as you thinke will make them pleasant, let all these seethe together till ye thinke the Liquor looke like a sirrupe, and that your Prunes be well swollen: and so keepe them in a vessell as yee doe greene Ginger.

The vertue of conserue of Succorie. chap. 33.

Conserue of Succorie is good against yellow and blacke Choller, and for the burning and heat of hot Feauers.

The vertue of Conserue of Elderne flowers. chap. 34.

Conserue of Elder is against the Pozphew, it cleanseth the stomake and the whole body from scabs.

Gather the clusters oz bunches whereon the flowers grow, when they are new blowne oz spred, lay them vpon a faire sheet abroad in a chamber a day oz two, till ye shall perceiue the flower will shake off and fall away: then pick them cleane, and make thereof conserue as you do of other flowers.

And whereas it is moze wholesome than pleasant, therefoze put some other conserue (such as ye list) amongst it when ye will vse it.

The vertue of Conserue of Sorrell. chap. 35.

Conserue of Sozrell is good against all kinde of heats of the stomacke, and other principall parts of the bodie, and against yellow Choller.

Take leaues of Sozrel, wash them cleane, and shake off the water cleane, oz else tarry till the water be dried cleane: beat them and grinde them with Sugar, as aboue, and then keepe them.

The vertue of conserue of Maiden-haire. chap. 36.

Conserue of the leaues of Maiden-haire, is good against the sicknesse of the side, called the Pleyzisie, and foz all the diseases of the bzest, and of the lights, and in all maladies of Melancholy and against red choller.

Make it as ye doe conserue of Sozrell.

To make conserue of Elicampana roots. chap. 37.

Take the roots of Elicampana, wash them cleane, slice them into peces as big as your thumbe, seethe them in faire water till they be tender, take them vp and powze them, and drawe them thozow a haire siue: put thereto in the second seething the double oz treble weight of Sugar, and when the Sugar is perfectly incozporated, take it off, and keepe it.

The vertue of the same.

Conserue of Elecampana is a good comfozt to the stomacke, and the nourishing of the members, it marueilously loseth tough fleame, dissolueth and consumeth the same, by the siege it auoideth it.

To make conserue of Acornes or Gladen, with the vertue of the same. chap. 38.

Take the rootes of yellow Flower de luce: which groweth in

moist ground, otherwise called Flagge root: wash them and scrape them, seeth them, and order them as you do of Elicampana, now last before rehearsed, and so keepe it. This conserue is good against all sicknesse of the braine, and sinewes, & against all diseases of fleame. Unto women it openeth naturall course and tearmes.

And you must generally learne, that in making conserues, fruits and roots are made with fire and seething: Moreouer, the more Suger and honey is put into them, so it be not past three pound to one, the conserue shall continue the better.

To make conserue of Strawberries, with the vertue of the same. chap. 39.

Take Strawberries one quart, cleane picked and washed, set them on the fire till they be soft, straine them, put thereto two times as much Suger in powder as the weight of the Strawberries, put it in a glasse or earthen pot well glazed.

The vertue of the same.

The conserue of Strawberries, is good against a hot liuer, burning of the stomacke, and specially in the feruent heat of an ague.

To make conserue of Cherries and Barberries. chap. 40.

In like sort you must make conserue of Cherries, & also of Barberries, sauing that these require more Sugar than the other doe, which are not so towre as they be.

Here is to be noted, that of conserue of fruits may be made Marmalade: for when your conserue is sufficiently sodden, and ready to be taken off then seethe it more on height, and it will be Marmalade. Moreouer, some make their conserue, Marmalade and sirrops with cleane Suger, some with cleane honey clarified, some with Suger and honey together: and after the opinion of some great Clarkes, honey is more wholesome, though it be not so toothsome as Suger.

To make all kinde of sirrops. chap. 41.

Take Buglosse, Borage, white Endiue, of each one handfull, of Rosemary, Time, Hysop, Winter sauory, of each halfe a handfull: seethe them (being first broken betweene your hands) in three quarts of water, vnto three pints, then straine it, and put in the liquor whole Cloues an ounce, powder of Cinamon halfe an ounce,

powder

powder of Ginger a quarter of an ounce, one Nutmeg in powder, of Sugar halfe a pound and more: let them ſtay vpon a ſoft fire, well ſtirred for burning to, vntill it come to the thicknesse of liſe Hony, then keepe it in Gally pots. If you put one pint of Malmeſey in the ſecond ſething, it will be better. When it is perfect, haue ſix graines of fine muſke in powder: ſtirre it among your ſirrop as ye put it into your Gally-pot, and couer it.

This ſirrop will laſt many yeeres, and is excellent againſt ſowning and faintnes of heart: it comforteth the braines and ſinewes, if it be vſed as much as a Hazel nut at once, at your pleaſure.

## A Violet powder for woollen Clothes and Furres. chap. 42.

Take of Irees two ounces, of Calamus Aromaticus three quarters of an ounce, of Cypres, of Galingals, of Spikenal, of roſe-leaues dried, of each a quarter of an ounce, of Cloues, of Spike, of Lauender flowers, of each halfe an ounce, of Nigella Romana a quarter of an ounce, of Beniamin, of Storax Calamit, of each halfe an ounce, let them be all finely beaten & ſearced. Then take two or three graines of muſke, diſſolue it in Roſe-water, and ſprinkle the water vpon the powder & turne it vp and downe in the ſprinkling, till it haue drunk vp the water: when it is dry, keepe it in bags of ſilke.

## A ſweet powder for Napery, and all linnen clothes. chap. 43.

Take of ſweet Mariorum (that which is hoary is the ſweeter) when it hath in him ſeedes ripe, cut the branches, ſo that the root may ſpring againe: when the Mariorum is dried, then rub out the ſeeds, and keepe them to ſow about Eaſter, and the huſks and leaues that grow about the ſeede take for your purpoſe, rub them ſmall, (for if you beat them to powder in a morter, they will loſe the moſt part of their fauour) then take of white Saunders, or gray Saunders, but looke that they be new of right ſweet odour, for if they be old and haue no pleaſant and quicke odour, they are nothing worth. Take (I ſay) of theſe ſweet Saunders beaten into fine powder, an ounce, and put it into an ounce of your ſweet Mariorum, rubbed betweene your hands, as before is ſaid, and if you put one or two graines of Muſke thereunto for your wearing Linnen, it is the better: ſow theſe vp in a ſilke bag together, & lay it among your linnen: of ſuch bags haue a dozen

or two, which there will continue many yeres, and when you loke to your linnen, then chafe each of the bagges betweene your hands, that they may yeld out their sweet odor. Moreouer, in the Summer time gather red roses in faire weather, so soone as they be blowne and opened, lay them vpon a table, a bed, or faire floore of bordes, and now and then remoue them, lest they mould and ware fustie. When they are dry, picke off the leaues, that you may haue two pecks of them, then strew them among, and betweene the boughts and foldings of your linnen, with one handfull of dry Spike flowres, to fir handfull of dry Roses, and lay your sweet bags amongst them. Be sure that your linnen be euer thorow dry ere euer ye lay them vp, or else the Roses will ware hoze: set your coffer in a dry ayre, and in the Winter time or wet weather, when you perceiue your Roses to wax moist, then put them in a pillow-beare or twaine, that they fall not out, and lay them vpon your bed betweene the couerlet and the blanket all night, or else before the fire, let them dry and strew them againe. Moreouer, ye must alwayes haue a bag of dry Roses in store, kept in a dry aire: for if he lose his redneſſe, then loseth the Rose his sweetneſſe. Finally, you must euery yere put away your old Roses, and occupy new, but kepe your sweet bagges still many yeres.

To make a Pome-amber. chap. 44.

Take Beniamin one ounce, of Storax calamita halfe an ounce, of Labdanum the eighth part of an ounce, beat them to powder, & then put them into a brazen ladle with a little Damask or Rose water, set them ouer the fire of coales till they be dissolued and be soft like wax, then take them out and chafe them betweene your hands as ye doe wax: then haue these powders ready finely searched, of Cinamon, of Cloues, of sweet Saunders gray or white, of each of these three powders halfe a quarter of an ounce, mix these powders with the other, and chafe them well together: if they be too dry, moisten them with some of the Rose water left in the ladle, or other. If they wax cold, warme them vpon a knives point ouer a chafingdish of coales: then take of Amber-greece, of Musk and Ciuet, of each three graines, dissolue the Amber-greece in a siluer spoone ouer hot coales, when it is cold make it small, put to it your Musk and Ciuet: then take your Pome that you haue chafed and gathered together, and by little and little (with some sweet water if neede be) gather vp the Amber, Muske and Ciuet, and mixe them with your ball, till they be perfectly

fectly incorporated, then make one ball or two of the lumpe, as ye shall thinke good, for the waight of the whole is above two ounces, make a hole in your ball, and so hang it by a lace.

If you perceiue that the ball is not tough enough, but too brittle, then take a curtesie of Storax liquida, and therewith temper your ball against the fire, but take not too much Storax liquida, because it is too strong. Or the better way is to haue some Gum, called Dragaganthum ready dissolued in sweet water, it will be dissolued in two dayes, and with that gather your ball with the heat of the fire: this ball will be of like goodnesse within as without, and of great price.

Some men put in the making hereof three or foure drops of Dyle of Spike: beware of too much, because it is very strong.

When you will haue your ball exceed in sweetnesse, breake it and haue two or three graines of Muske, or Ciuet, or Amber-greece, as you delight in, or altogether dissolue them in Rose or Damaske water, and with the same chafe your Ball ouer the fire, till it be drunken in, then pearce a new hole as before.

## To make a fine Fumigation to cast on the coales. chap. 45.

Take of Beniamin one ounce, of Storax calamit halfe an ounce, dissolue them as for a Pome-amber: then haue ready these woods, powders, or one of them, Ginger or Cypres, or of white Saunders, and Cloues, of either halfe a quater of an ounce, all in fine powder: mixe them all together, and with some Storax liquida, gather them together with the heat of fire: then make them round, of the bignes of a blacke sloe, and with your selfe print it a cake, while it is warme and soft.

Of these cast one or two vpon a chafingdish of coales, to purge all pestiferous and corrupt ayre out of your house: if you put to the other things the powder of Amber beads, it will be sweeter. Some put also Labdanum, as before said, in making the Pomander, herein doe as the sauour shall please you.

## To make the same in Ossets. chap. 46.

Take a little of fine powder of Wallow or Willow coales, mixe with it some of your fumigation last before named, in the making, worke them well together, then fashion it with three or foure feete, like a Clone, and when it is dry, kindle the end of it at a quicke coale, and it will yeld a sweet sauour: put not too much coales,

for

for then it will smour of them, put not too little coales, for then it will not keepe fire; put not too much Storax liquida, for then it will be too brittle and too moist, and will not lightly dry: therefore it shall be very well to haue some Gum of the Cherry-tree, or Plum-tree, which they call Gum Arabicke: dissolue some of it into sweet water, till it be liquid and tough: with this gather your Oselets, or other Fumigations.

A moist fume vpon a fuming dish. chap. 47.

Take a peece of Pome-amber, as big as a Hazell nut, bruise it, put it into your fuming dish, with sweet water: put thereunto a few Bay leaues, as much of dried Hazell leaues, a litle Rosemary and set ouer the fire vpon a cupboord, or else in stead of the Pome-amber, put two or three of the Cakes before written, broken small, and nine or ten whole Cloues: and if you will haue it excellent sweet, then put one or two graines of Muske, and let the leaues and them stand ouer the fire together, as before is said.

A Fumigation for presse and cloathes, that no Moth shall breed therein. chap. 48

Take of the wood of Cypres, or Juniper, of Rosemary dried, of Storax Calamite, of Beniamin, of Cloues, a like weight, beaten into fine powder, then take of the powder of Wormood leaues dried. as much as all the others, mix them well together, cast thereof vpon a chafingdish of coales, and set it in your presse, and shut it close: and thus doe oftentimes, till you haue well seasoned your presse or cofer.

A perfume for a Chamber. chap. 49.

Take Rosemary, sweet Mariorum, Bay leaues, of each a handfull, a penniworth of Cloues, Vineger, and Rose water, a sufficient quantity, boyle these in your perfuming pot, which smell is sweet and wholesome.

A perfume of Damaske. chap. 50.

Take Storax Calamita fiue ounces, Beniamin, Labdanum foure ounces, Cinamon one ounce, Muske foure graines, Cloues a dramme, Rose water halfe a pound, stamp them together, and when you will occupy them, put them into your perfuming pan, and boyle them.

An odoriferous sweet ball against the plague. chap. 51.

Take Storax, Labdanum, of each a dram, Cloues halfe a dram, Camphire halfe a scruple, Spikenard a scruple, Nutmegs a dramme,

of

of all these make a paste with Rose water, tempered with Gum Dragagant and Gum Arabick, stirring and brusing them well; of this paste make your balls, and warme them.

An odoriferous white powder. chap. 52.

Take Irios elect thrée ounces, White Saunders two ounces, Damaske Roses, Lignum Aloes, Beniamin, Cypri Alexand. of each two ounces, Muske foure graines, Ciuet thrée graines; beat and sift them by themselues, and incorporate them in the same morter you beat them in, and kéepe it in a vessell well stopped.

A fine red powder. chap. 53.

Take Damaske Roses two ounces, Sandali Attrini one ounce, Ligni Aloes, Ligni Alex. of each a graine, fine Muske thrée drams, Ciuet two drams: mixe them and beat them, and kéepe them together as before.

A sweet blacke powder. chap. 54.

Take Cipri Alexand. Ligni Aloes, of each halfe a dram, Sandali Citrini, Damaske Roses, of each one ounce, Cloues thrée graines, Muske thrée graines, and as much Ciuet; beat these together, and kéepe them close in a violl well stopt.

A powder wherewith to make a sweet water. chap. 55.

Take the wood of Cipresse, or the root of Galingale one quarterne, of Calamus Aromaticus one quarterne, of Orace or Iris one quarterne, of Cloues one quarterne, of Beniamin one quarterne: or ye may take of each of these 1. ounce for a portion, let all be beaten into powder, and when ye will distill your Roses, fill your still with Roses leaues, and a few Spike flowres, and vpon the top of some, strow some of your powders, and so distill them.

Some put a little of the powder Nigella Romana, to the other powders.

These Cakes will be very swéet, put the water in a large glasse, and to the pot put twelue graines of Muske, let it hang in the midst of the water, in a thin linnen cloth with a thred, set it in the Sunne twenty or thirty dayes, then take the glasse in, & set it in a dry aire.

Conclusion and rules to be vsed in distilling, and ordering of each hearbe or flowre before they be distilled. chap. 56.

First, a soft fire maketh swéet water, and the swéetnesse to continue strong.

Secondly, coales still the best water.

Thirdly, wast nothing that you will still, but wipe it with a cleane cloth.

Fourthly, all hearbs, flowres and seeds, must be gathered when the dew is off them.

5. That which you will still, must lie at least five houres before you still it.

6. All spices corrupt your water, except Amber-greece, Cinet, and Muske.

7. Scumme your water well.

8. Keepe your Still very cleane.

9. Wash your Still, but not often, and then drie it with a cloth.

10. The glasse Still is best, the Tinne next, the earth not so good as the Tinne, and the Leaden is worst of all.

11. Tender flowres, as Violets, Gillieflowres, and such like, would be distilled in a glasse.

12. All compositions must be stopped close before, and in stilling diligently weighed or measured.

13. Liquid waters must have greater fire, then dry & light waters.

14. Still not your glasse too full.

15. Put store of ashes under your Still, that your Still burne not.

16. Wipe the upper part of the still often, but specially the ridge.

17. Diligence in looking to all things.

18. Borage must be distilled; the hearb with the root chopped together.

Hyssope, the leaues stripped from the stalke, when it beares blue flowres.

Cammomile, the hearb and flowre chopt together in the middest of May.

Dill, the hearb in the beginning of May.

Fumitory, the whole substance chopped in the end of May.

Mint, either red or other, the hearb, stalke, and leaues chopped, in the middle of May.

Roses, the flowre, cutting away the white ends.

Rosemary, the flowre, bud, and leaues, stripped from the stalke in May, in the flowring.

Sentory, the hearb and flowres chopped in the end of June.

Violets, the flowres in Aprill.

Woodbind, the flowres in the beginning of June.

## To make water of the same colour of the flowres that you distill. chap. 57.

First, distill your water in a stillitory, then put it in a faire glasse, and take the buds of Roses, and cut away the white, and put the leaues into the stilled water, then stop the glasse, and put it into the stillitory to still, putting hearbs into the Still for feare of burning: After this, straine the water from the leaues, and scum it well.

## A compound water to perfume Gloves, or other things. chop. 58.

Take Damaske water double stilled, a pound, Muske tenne graines, Ciuet three graines, Amber-greece foure graines, beate all these together to powder, and put it into the water aforesaid, and stop it close, and vse it without any more stilling.

## To make Damaske water. chap. 59.

Take Damaske Roses, and red Roses, of each a handfull, let them drie foure houres in the shadow: then take two drams of Labdanum, Nigellæ Romanæ, two penny-worth, Irios halfe an ounce, Storax two drams, Cloues an ounce, Beniamin, Calamus aromaticus, Nutmegs, of each halfe an ounce, Mariorum, Bazell, of each halfe a handfull: bruse the spice, and put it in Malmesey, or the lees thereof, the space of foure dayes: then distill it and scum it fourteene dayes.

## Another manner of making Damaske water. chap. 60.

Take of Arace, or Iris, of Spice flowres dried, of Cloues, of each ounce, make them in powder, put them together, with a pint of new Ale in cornes, and one pint of Rose water in an earthen pot, put thereto a great many of greene Rose leaues, let them soake in a night-time stopped close: in the morning when you shall distill, first, lay other Rose leaues in the bottome of your stillitory for feare of cleaning fire, then take off the Rose leaues out of the pot, and put them with other greene Rose leaues, in your stillitory sufficient, and to the water put Muske, as is aboue said: This water is excellent to set forth a Tarte, or Apple-moyse, or Almond-butter.

To make a sweet Damaske powder foure manner of wayes.

Take two or three handfull of dried Rose leaues, two graines of Muske, halfe an ounce of Cloues, and beat all these to powder.

2 Another way

Take six ounces of Orace, foure ounces of Cloues, two ounces of Storax Calamite, an ounce of Labdanum, with two ounces of yellow Saunders, and a little Muske.

3 Another way.

Take two ounces of Cloues, foure ounces of Spruce, foure ounces of Storax Calamite, foure ounces of Roses, three ounces of Beniamin.

4 Another way.

Take three ounces of Cypres, foure ounces of Beniamin, two ounces of Coriander or Labdanum, three ounces of Storax Calamite, two ounces of Roses, beat all to powder.

To make Pepper soft with the vertue of the same.

You shall doe this after the same manner as is shewed for greene Ginger, in the 15. chapt. that is, with sand, and the like sirrop, season and keepe them. Ginger and Pepper in sirrop comforteth a cold stomacke, and helpeth much to good digestion.

To keepe Barberries.

Take clarified suger, and boyle it till it be thicke, which you shall perceiue, if you take a little betweene your fingers, it will rope like birdlime, then put in your Barberries, and let them boyle with a soft fire, vntill you perceiue they be tender: then put them in a glasse and couer them, and so keepe them.

The

# The knowledge of the names and naturall disposition of diuers disease, that most commonly happen to molest and grieue the bodies of men and women.

## Chap. 59.

ELephantium, is an euill which is easie to be knowne.

2. Gout Cain, is Morbus caducus, that is to say, the falling sickneſſe.

3. Epilepsia is the same euill, or very little difference.

4. Lytargum, is a perillous euill, for he that is therein, is alway sléeping: for it hath beene séene, that a man in that euill hath slept himselfe to death.

5. Squinantia, is an euill, that is in the throate-boule, and when it taketh all the neche, it is a signe of death, except medicine helpeth.

6. Sciatica passio, is a passion that sitteth in the Wirrel-bone of the hip, and holdeth his course betwéen that bone and the Ridg bone, and then falleth, but his abiding is most in the Wirrel-bone.

Colica passio, is a passion that is in a mans Arse-gut, but it shooteth into all the guts, and into the flanke, but his most paine is principally in the Arse-gut, and that stoppeth both wind and water.

8. Postema, is in diuers manners both within the skin and without the skin, and within the body, for all manner of things that swell beare out the flesh, & therefore all manner of Boyles, Botches, Fellons, & other such like, may be called Postema, as well as those that be vpon the stomack, or on the lungs: There be some that beare proper names, as Peripneumonia, the which is an impostume that is vpon the lungs, that engendreth a passion, that is called in Latine Aspiratio,

ratio, or Respiratio: and it is called in English, hard drawing of wind: that when a man hath much paine to draw his wind, which maketh the Lungs to be in paine, for it pricketh downe the Lungs, and causeth them to be hot and drie, and that maketh a man to cough.

9. Pleurisim, is another Impostume that lyeth upon the sides, and upon the ribs, and aketh sore. And he that is so diseased, commonly he is coughing: and the humour is red, and they be much waking, and may not lie well on that side.

10. Also there is an Impostume, that is called in Latine, Anutrix, and Antardis: and it is called in English a Fellon, and they be hotter of matter then the other that goeth out in Byles and Fellons when it is rotted.

11. Tuna, is a white watry Skall, and Acorias, is a dry Skall.

12. Caries, is in a manner of an Impostume, that is like a Wart, that bringeth forth a long haire, or two, or three.

13. Caries, is the rooted head of a tree.

14. Derias, is a Wart. And Cittitis is called an Impostume, as it is said here before.

15. There is an euill that is called Riteria, and there be two of them: that is to say, the blacke and the yellow: and especially the blacke, which commeth of the chafing of the Liuer.

16. Also there is an euill which belongeth to women, that is called Menstruous, the which is a flux of blood: And there is another that belongeth to women, that is called the paine of the Matrice, which containeth from the Matrice to the priuy member. But the Matrice of it selfe, is like a three cornered purse, as it may be made in figure: and that hangeth by certaine strings by the ribs, and by the intrailes, and so it stretcheth downe to the priuy member, which is called the mouth of the Matrice. You shall understand that the Matrice hath in it selfe nine folds, which falleth like pleates of cloth, and in those pleates falleth the seed of man, and therein it is nourished, and therein is the child conceiued, by reason whereof it might be possible that a man might get of a woman nine children at once, and if they were of such complexion, that the woman might conceiue in euery fold a child, and if it fortuned the seed of man to fall euen in the pleates,

pleates, as it may fall: And if it falleth on the one side, it getteth a man childe, if it falleth on the other side, it getteth a woman child, and if it falleth in the middle, it is like to be both the male and the female. And therefore, it is all in God, that a man might know the great might and goodnesse of his secrets.

17. Also there is a maladie that commeth of the childes birth, and that is when the childe commeth forth, there commeth therewith a skinne, the which is engendred of the seed of man: And it lieth in the Matrice, and it is diuided in two parts, whereof one commeth to cleane blood, and afterward ingendreth to a peece of cleane flesh: And then that flesh putteth from him a white thicke matter, & that matter engendreth a skin, which skin taketh and windeth in the cleane matter aforesaid: and euermore as the childe formeth and wareth, euen so the skin wareth with it. And the same skin is called the Secundine: and it keepeth the childe from many perils that should fall thereto, if that were not: for it closeth in the childe, like as the shell encloseth in an egge: for first the shell of an egge, was a skin in the beginning of the egge: Wherefore, in this case the skinne is called the Secundine, for it beareth vp the childe: and when this Secundine is any thing pearced or hurt, then is the childe borne before his time. This Treatise is drawne out of a Chapter called Gilbertus, which saith, that there be fiue principall things that hinderth the birth of a childe. Whereof one is, when the woman with childe is very sore wroth and angry. The second is, when she is smitten with a staffe. The third, is ouer-much fasting. The fourth, is a great flure of the wombe. And the fifth, is a fall vpon the wombe: For all these things hurt the Secundine, and maketh the childe to be borne too soone, which destroyeth both the woman and the childe: for then the woman is not kindly purged of the Matrice, and then is the Secundine euill for to heale: and if it be not well taken away of the Midwife. And except shee doe her endeauour well, then it will rotte, and make a woman great as though shee were with childe.

And then there is another disease, that is, if it fortune that the childe be dead in the wombe, that hath a proper name in Latine, and is called Fetus, of what kind soeuer it be, & if it be dead, it may be said so, & in English it is called a dead child, wherefore all manner of men

I charge in Gods name, to take heed whatsoeuer ye be that read this Treatiſe, that ye blaſpheme not, nor diſpiſe this, being the workes of God, whereby ye may plainely vnderſtand how ye were brought into this world.

18. Alſo there is another malady, that is named in Latine Caninus appetitus, or Morbo Canino, that is, when an vnkindly heat is in the ſtomacke and in the body. And ſo the moiſture that ſhould be in the ſtomacke, fumeth away, and the heat bringeth vp the moiſture, and he that hath that malady is very coſtiue.

19. Alſo there is another malady that is called in Latine Etica paſſio, that is, an euill that maketh a man to dry and vaniſh away: And in Engliſh it is called the Drineſſe: howbeit the proper name thereof is Etick, and the man that hath that ſickneſſe ſhall conſume away, but yet he ſhall be euer eating, and it is the very token of mortall death.

20. Alſo there is another diſeaſe properly called in Latine Fluxus ventris, which may be vnderſtood in Engliſh, all manner of neſh wombed people, otherwiſe called the bloody Flux.

21. Alſo there is another Flure, called in Latine, Lienteria, this is a flure of the wombe, and this commeth when the ſtomacke is all ſlipper, and the matter goeth away vndigeſted.

22. Alſo there is another that is ſaid in Latine, Dyſenterium, and that is when the guts make ſquamles in the manner of ſhauin; of guts, and no other, as men ſhall heare after.

23. And there is another diſeaſe that is called in Latine, Thenaſmon, and that is euen contrary to that before, for Thenaſmon is, when a man is very coſtiue and hard-wombed.

24. Alſo there is another infirmity that is called in Latine Emoroides, and that is of great abundance of blood, and there will ariſe ſmall teats, as it were warts, that will lie within the fundament vpon the gut, and without both.

25. There is another that is called in Latine Exitum, and that is the going out of the fundament, for the gut of the fundament will goe out, and that is a ſore euill.

26. Alſo there will come out of a mans neſe much foule filth, and thereof great abundance, ſome like gobbets of fleſh, right in his kinde, like as Emeroides will doe, and that is called in Latine, Polipus.

Alſo

17. Also there is another disease or malady, that is called in Latine Malum mortuum, and the sore that commeth thereof is called in English a Mormall: but know yee well, that his beginning is of a Melancholy in the body of man: and it is taken for one of the spices of the Scab: and properly it commeth of a naturall Melancholie, when it is putrified and corrupt of naturall melancholy, and in some men it is mingled with sawse-fleame, and be both gendred together of too long using unwholesome meats: And sometime it commeth of the stopping of the Spleene. For when the spleene may not receive the Melancholy, then by his humors he is heavy of waight, and presseth it downeward to the legges, and then beginneth the pushes to breake out, and they be called Malum mortuum. Another cause why it is called Malum mortuum, for it maketh the members as it were dead, or else that it were flesh: And it is called so because it is not so quicke in working as other sores be, neither in engendring of new flesh, nor mattereth not as other sores doe, but alwayes is hot & dry: and moreover, it will not away till a man die, except he be the more wary, and it sooner taken heed to: For the Melancholy is the onely cause thereof: And his colour is to be swarth, and as if were a party blue, and hard: and commonly it is full of stones and hard dead flesh, and there will goe out thereof, in a manner of a red water, like as if there had beene raw flesh washed therein: and it will close in many places, and when it is closed in one place, it will breake out in another: And when it is surely of the Melancholy, the pushes will be blacke and blue, and the place will itch sore, and be full of dead flesh, and with sawse-fleame it will itch: also it will be full of sores and boyles arising thereupon. Also take heed of his digestion, for it will be of great colour, and much quantity of urine and thicke. And know well that he that suffereth it, an euill commonly haunteth him, that is called in Latine Dediamine, and all they which are infected with that malady, there will appeare haires thereupon, as doth upon a Leper, but upon this malady the haire shall be blacke, and upon a Leper the haire shall be white and red: And a natural knowledge and a true description are all these afore rehearsed.

Diuers necessary obseruations both Physicall and Astronomicall. chap. 62.

Moreouer, it is to be vnderstood, that euery moneth in the yeere, the Moone hath her course in one of the twelue signes: and in euery signe the Moone is two dayes and a halfe almost. And yee shall know also, that the twelue signes haue gouernment of euery man and beast in the twelue parts of the body. And whiles the Moone is in euery signe, if the body be let blood or else wounded or burnt, all the medicines that are, cannot serue in that signe that hath the gouernment in the place of the body, and it is marueil but that the body be sone dead, or else distraught for euer.

Aries, hath the gouernment of the head and face.

Taurus, the nesshe, the throat, and the knot of the throat.

Gemini, the shoulders, armes, and hands.

Cancer, the breest, the stomacke, the ribs, the lungs, the milt, in the vpper part of the breest.

Leo, the heart, the stomacke, and the ridge in the nether part of the breest.

Virgo, the wombe, with the intrailes, and the paunch.

Libra, the veines, the loynes, and the back of the skinne, that couereth them, with the haunches, and the buttocks.

Scorpio, the priuy members, and the fundament.

Sagitarius the thighs.

Capricornus, the knees, and hammes.

Aquarius, the legges, from the knees to the ankles.

Pisces, the wrists and the feet.

Also it is to be vnderstood, that a Laxatiue must be taken when the Moone is in Cancer, or in Scorpio, or in Pisces, and when the winde is in the South, then is it best time to take a Laxatiue.

Also if ye should afflict the Medicine, make it in the signe retentiue, as Taurus, Virgo, and Capricornus, and when the winde is in the North.

Also when he shall be let blood, loke that the Moone be in a signe attractiue, as Aries, Leo, or Sagitarius. And loke that it be not in the new Moone, neither in the old Moone too nigh the change. For in the new Moone the blood is waring, and in the old Moone the blood is waring, and therefore take a full Moone.

Also

Also if ye will giue a digestiue medicine for to defie any humors, giue it when the Moone is in a digestiue signe, as in Gemini, Libra, or Aquarius: and if ye worke by this teaching, ye shall doe much the better, or else it will not goe by reason.

Also, beware in these dayes in letting of blood, that is to say, in the Canicular dayes, the which begin eighteene dayes before Lammas, untill xxvb. dayes after Lammas, for they be titled in the Kalender. It is to be understood, that euery day beginneth at high noone, as the Sunday beginneth his first houre on the Saturday before afternoone. And the Sunday, after the day, beginneth before the Sunne rising at euery day. It is to be understood in the Sunne rising of euery day in the first houre of the Planets: as to account after the Planet, by the which Planets the dayes were marked in old time. For in Latine and French they haue taken their names kindly after the Planets, but in English nought, wunday taketh his name of the wunne, Monday of the Moone, Tuesday of Mars, Wednesday of Mercury, Thursday of Iupiter, Friday of Venus, Saturday of Saturnus. And in this order ye should account the houres of euery day by the Planets. If it be wunday, the houre of the wunrising, which that day gouerneth by Saturnus, the next day after by Iupiter. And so in order reckon out the seuen Planets, and rise as oft as needeth, untill the foure and twenty houres be fully spent. And this is the course of all the Planets of all the yeare: and if ye be let blood, then looke that ye bleed in a good Planet, with the signe that ye be taught to bleed in. Iupiter and Venus be good Planets to bleed in, and Saturnus, and Mars be naught: and the Sun, and the Moone, and Mercurie, with good signes they be good, and with bad signes they be bad. They be called good signes that be sanguinous, and they that be Melancholious be called bad signes: and they that be Cholericke and Flegmaticke, standeth in meane: and therefore beware and keepe your rule, as it is said before.

## Certaine secret remedies appertaining to Women.

### To make a woman haue her flowres. chap. 63.

First, looke that the woman be not with childe: then take of the root of Gladen a good quantity, and boyle it in Vineger, or else in Wine till it be tender: and after set it on the ground in a vessell, that the woman may stand ouer it, and let her stand close ouer, so that the heat may strike vp into her body, and this shall helpe her: for this faileth neuer. Probatum est.

### For the suffigation of the Matrice, and for the falling of the same. chap. 64.

Take Aspaltum, that is, Tarre of Indie, and cast it vpon the hot coales, and let the woman receiue the smoke into her mouth, and into her nose, and it shall driue the Mother downe anon.

### For sore falling of the Matrice. chap. 65.

Take the same powder aforesaid, and cast it on hot coales vnder a siege stoole, and let the woman sit ouer it, and stew her with the fume, and stop the siege stoole close with clothes, so that there goe no aire out, and it shall driue the Matrice presently, the auour thereof is so effectuall. Probatum est.

### For she flowres to be brought out shortly. chap. 66.

Take the root of Gladen and make it cleane, and shred a good quantity thereof small, and put in an earthen pot, and put thereto a good quantity of Vineger, as need requireth, and then take a couer and couer it close with paste, but let there be a hole in the middle of the couer, and the couer be of a dish meet for the pot, and let the hole be no more but to put in a quill. And all the while that it is boiling, let that hole be stopped with paste, that no aire goe out, vntill that time that the root be soft. Then take it from the fire, and let it coole till the great heate be past, so that the woman may suffer it: and looke that you haue a chaire with a siege, then take a quill for a pipe that is fit for the hole of the dish that couereth the pot, and vnstop the hole, and put in the pipe, and set the pot vnder the siege, so that the pipe may come vp thorow the siege, that the woman may receiue the other end of the pipe into her body, as warme as shee may suffer it, so that the heat may strike vp into the Matrice, and it shall open the Matrice, and shall shshaue deliuery right soone: and as soon as she knoweth that it commeth, doe it away, and shee shall be whole by the grace of God.

For

## For the Mother rising vpward. chap. 67.

Take halfe a pint of Malmesey, and set it vpon the fire in a pece, and dissolue therein ʒ. s. of Assafetida, and let it stand so ouer the fire the space of two Creeds, saying, and then giue this to the woman to drinke and it will put downe the Mother presently.

## For the Mother that riseth vpon a man. chap. 68.

Take Ambrose, called wilde suger, and drie it in the Sunne, and make a powder thereof, and when the Mother riseth vp to the heart, giue him to drinke a quantity of that powder with a little warme liquor, and it shall void anon.

## To bring forth tearmes. chap. 69.

Take Organum and boyle it in Wine, and emplaister it to the priuy member. Also take Cotton and wet it in Turpentine, and make a Suppository. Also take Calamint and Penitroyall, and boyle the same in Wine, and let her drinke thereof. Also take Parsnip, and Astrolialonga, and boyle them in Wine, and giue the sicke to drinke, or else make a Suppository, and it taketh away the ache of the Matrice, and spedily bringeth forth the Secundine, and prouoketh the Tearmes.

### Another.

Stewe her with these herbs, Organum, Calmint, Sauine, Motherwort, Penitroyall, roots of Lilie, and Madder, and make a Pessary: Or else Magnesion, and put it in a strong linnen cloth, and put it in her Fundament.

Also take Oyle that a Gourd in sodden in, and make a Suppositorie, and it maketh prouocation anon.

Also take Garlicke and stampe it, and boyle it in Oyle, and put it in a bagge of linnen cloth, and thereof make a Suppository.

Also Cinamon and Mirrh boyled in water, and drunke, putteth away the Secundine.

Also take Oyle that is made of Lilly, and giue to the woman to eat with bread, or a Suppository made thereof, there is none like thereto in all manner kinds to helpe the Matrice.

Also for feare lest the mouth of the Matrix were hurt with any thing, with any anointing: Take Oyle of Bay, Oyle of Puliol, or Oyle Fullill that groweth on an Oake, and therewith anoint the place.

A good bath for the Flowres, proued. chap. 70.

Take Sauine, Iuniper, Calamint, Penitoyall, Mother wort, Peritorie, Peliter, leaues of the Bay tree, and boyle them together in water, and bathe the woman therein many times, and she shall haue her termes at her owne minde and will.

Also take an Egge and roast it soft, and put therein Asafetida, & let her sup it up when she goeth to bed, and she shall speed anon.

To bring forth the Secundine, and to cleanse the Matrice. chap. 71.

Take Mallowes and Holihocke, Mormewood, Mugwort, Calamint, and Organum, and make her a bath with water, and let her sit therein aboue the Nauell, and let her strike euer downewards with her hands, and it will helpe.

Item for the same.

Take a Goats shinne with the clawes and the haire, and cut it very small, and cast it into a fire of charcoale, made in a pan vnder a siege chaire, and let the aire smite vp into her body, and she shall haue helpe.

For the same.

Take Castor ʒ. i. Enforbium, ʒ. s. and make them in powder, and take of the gall of a Bull ʒ. ii. and of the iuyce of Rue ʒ. i. and mingle them together, and then put thereto the powders aforesaid, and make a suppository of Cotton, and wet it in the confection, and put it in, and it will bring forth the Secundine, and prouoke the Menstrues.

Another.

If a woman haue good purgation in her childbed, let her drinke the shauing of Harts horne in wine, and it shall doe her ease.

To cease a womans Flowres. chap 72.

Take the iuyce of Plantine, and put thereto the powder of Bole-armoniack, and mingle them well together: then take Cotton and open it broad, and wet it in the confection, and make thereof a suppositorie, and it shall cease the flux of the Matrice.

To bring forth flowres, and the Secundine, and a dead child. chap. 73.

Take faire Oats and ſæthe them in faire water while they be well ſodden, and then take the water, and make thereof a bath, and let the woman ſit therein vp to the heart, and bathe her well in that water, and it ſhall bring forth her tearmes, and the Secundine, and deliuer her of a dead childe, if ſhe haue any in her wombe.

Another for the ſame.

Take Auence, and ſæthe it in Wine, and make a plaiſter, and lay the ſame vpon the Nauill. Or elſe take the croppes of Auence and ſæth them in Wine, and make thereof a Suppoſitory, and it will doe the ſaid cure.

Another for the ſame.

Take the iuyce of Dittany, and mingle it with powder of Caſtor, and make a Suppoſitory with Cotton.

Another for the ſame.

Pill a cloue of Garlick, and put it into her, and it ſhall bring forth her flowres ſoone: or elſe ſæthe Garlicke, and let her ſit in that water vp to the nauill, and ſoke her well therein: or elſe make a Suppoſitory of Garlicke ſodden in oyle.

If a woman haue too many flowres. chap. 74.

Take the foote of an Hare, and put it in a new earthen pot, and burne it to powder, and let her drinke of that powder with warme ale, or with warme wine vntill it be ceaſed.

Another for the ſame.

Take the middle barke of the Cherry tree, & put away the gray barke that is without, and take the greene barke and ſtampe it ſmall, and giue it to the woman with a little warme Ale to drinke, and it ſhall ſtop the flowres. Probatum eſt.

Another for the ſame.

Take the iuyce of Burſa Paſtoris, and the powder of Sanguis Draconis, and make a Suppoſitorie thereof, and it ſhall ceaſe.

For to cleanſe the Matrice. chap. 75.

Make a Suppoſitorie of Cotton, and anoint it with Turpentine, and it cleanſeth the Matrice of corruption.

For to ceaſe flowres, and for faintneſſe and caſting in childbed. chap. 76.

Take the leaues of Birch, and make ſmall bundles thereof, & ſæth them

them in Vineger, and make a plaister thereof and and lay it to her and to the reines, and if discentery be in default in the vpper gut, lay share, the plaister vpon her stomacke.

Powder of Holland against the Collicke, and the gnawing of the belly. chap. 77.

Take Cinamon, Annis seed, Fennell seed, Commin seed, of each a quarter of an ounce, of shauen Liquoris three quarters of an ounce, of Galingale one ounce and a halfe, of spckenard a quarter of an ounce, of Seene of Alexandria, two ounces: beat them into fine powder, and serce them, whereof take a quarter of an ounce in a messe of pottage.

Powder to make the belly soluble, causing a gentle laske: easie for any one to take. chap. 78.

Take seene of Alexandria one ounce, of fine Ginger halfe a quarter of an ounce, of Annis seed a quarter of an ounce, beat them into fine powder, and put them into sodden suger, and make loosings (as before) of the whole, the number of sixteene, whereof dissolue two of them into a messe of pottage, or in a cup of Wine, fasting in the the morning, and fast an houre after. If you doe put as much suger in powder, yee may keepe it in a bladder, and the whole powder will serue eight times to receiue: as euen now is said.

A receit to restore strength, in them that are brought low with long sickenesse. chap. 79.

Take of the brawne of a Feasant or Partridge, or of a Capon sodden or roasted of each a quarter of an ounce: steepe them in Rose water two houres, of the kernels of Nuts, called Pistatiorum, and of the kernell of a Pine Apple, of each a quarter of ounce, of Cinamon in fine powder the weight of twenty barley cornes, of the spices of Dianthos, Diamargariton, Letificentes Galeni, of each the weight of forty graines of Barley corne, of the seede of Millon, Pepon, Goord, and Cucummer, of each the weight of ten granes, the skinne taken off, let them be all ground small, then take six ounces of suger dissolued in Borage water, seethe it on height, as for loosings, and when it is sodden enough, then put in all the othat geare, and make loosings thereof. Whereof one is sufficient at once dissolued in a messe of potage, or a draught of drinke. Thus doe two or three times euery day.

To

To make Loosings. chap. 80.

Take halfe a pound of Sugar, and as much Rose-water, or other distilled water, as for Manus Christi, seethe them likewise, and when you will know when it is sod enough, take out some vpon a knifes point, and let it coole, and if it be hard like Sugar, then it is sodden enough. Then put into it powder of Ginger, Cinamon, or Nutmeg: Stirre them well together, lay it vpon a paper oyled, driue it as thinne as ye thinke meet, lay on your gold leafe with a Connies taile, cut your Loosings Diamond-fashion, and so kepe them.

To perfume Gloues. chap. 81.

Take the Gloues and wash them in the Rose-water, or Damaske water, till the scurfe of the Leather bee gone, and then stretch them forth softly, and kepe the water you wash them with still, then hang them vp to drie, and then lay them in a linnen cloth, that is folded three or foure times double, and when they be drie, let them lie in Rose-leaues dried a day or two, then take oile of Cinet, Almonds, and Muske, and grinde them together vpon a Marble-stone, stretch them forth softly, and with your hand anoint your gloues three or fourr times, and euer among stretch them forth as they drie. Then take Sandifer mired with a little Amber-Greece, and strow the powder of it thinly vpon them, and lay them in a paper, and in a box: or else melt the Amber-Greece in a quantity of Rose-water, and mire them drie, and lay them in faire white paper.

2 To perfume Gloues another-way.

Take the Gloues, and wash them as aforesaid, three or foure times: and wring them euery time softly: then take Gum Dragagant, and steepe it in fine Damaske water one night: Then straine the water through a fine linnen cloth, and take Gum and mire it with an ounce of Amber-Greece, with Oile of Turpentine: Then mingle all together, and roule your Gloues with the same: lay them to drie, and lay a paper betweene.

3. A preparatiue for Gloues.

Wash the Gloues, as aforesaid, till the scent of the Leather bee gone: then take of Beniamin two ounces, of Storax Cala-

mite one ounce, let them be very fine: then take Oyle of Ciuill Almonds, and mingle it with Beniamin & Storax vpon a Marble stone: when it is well ground, put it into an earthen pot with oyle of Cinet Almonds, then put in Cloues in powder, and so let it stand close couered: and when you need, take a little Rose-water in a sponge, and rub the Gloues softly, and then in like manner, with the Oyle called Cinet, for the same purpose.

4. Another way.

Take twelue graines of Muske, six graines of Amber Greece, three graines of Storax Calamite, six graines of Beniamin, and a few Cloues: grinde all these together with oyle of Cinet Almonds. First, wash your cloaths with Fulles dissolued a day in Damaske water.

5. Another for Gloues.

Take your Gloues and wash them in Rose-water once or twice, till all the scurfe be gone from them, and then let them drie, and stretch them well out, fingers and all. Then plaine them, and wash them once or twice: then take two ounces of Storax, and as much Beniamin made in powder: dresse your gloues all ouer, on a smooth board before they be dry: then hang them to drie, and when they be drie, saue the powder that is left.

Then take a pint of Rose-water, and two ounces of Storax, and two ounces of Cinamon, put all these in powder, and cast them to the Rose-water, and let them seeth in a close Posnet couered. Then take a fine brush and brush them ouer.

6. Another way to perfume.

Take Amber-Greece a dramme, of Muske halfe a dramme, of Fulles a dramme, of Cinet halfe an ounce, put all these together in a pint of Rose-water, or Damaske water.

7. Another way.

Take a dram of Amber-Greece, a dramme of Beniamin, halfe a dramme of Fulles, a dramme of Storax, a quarter of an ounce of Labdanum, put these in Rose-water.

## A perfume for Chests and Cupboords, and also for Gloues. chap. 82.

Take Beniamin and Storax of each an ounce, Labdanum and Fusles, of each a quarter of an ounce, halfe a dram of Ciuet: if you burne it for Chests, or Cupboords, beat it in a hot morter: if it be for Gloues, boile it, and put it to Rosewater.

## To colour Gloues. chap. 83.

You must haue hulles of greene Walnuts, that must lie in water all the yeere long, role them well with these hulles, and make them as deepe a colour as ye may.

## How to colour Gloues yellow within.

To colour Gloues yellow within, take the yolks of twentie Egs, and put them in a frying pan with a soft fire, stir them euer, & bruise them with a Ladle, and the oile that ascendeth of them, being anointed on the inside of the gloues, will make them looke yellow.

## To make Muske Sope. chap. 84.

Take strong lye made of Chalke, and fir pound of stone chalke, foure pound of Beere suet, and put them in the lye in an earthen pot, and mingle it well, and keepe it the space of forty daies, and mingle and stirre it three or foure times a day, till halfe be consumed, and to that that remaineth seuen or eight daies after, you must put a quarter of an ounce of muske, and when you haue done so, you must also stirre it, and it will smell of muske.

## To make red sealing Wax. chap. 85.

Take to one pound of Wax three ounces of cleane Turpentine in Summer, in Winter take foure, melt them together with a soft fire: then take it from the fire and let it coole, then put in Vermilion very finely ground, and Ballet oile, of each an ounce, and mix them well together, and it is perfect good.

## To keepe Damsins in sirrop. chap. 86.

Take Damasins, and pick them well with a knife or pinne, then take clarified Suger, as much as you thinke will serue, and then you must boile it till it bee as thicke as birdlime. Then boile your

Damasins in the clarified Sugar till they be soft: then take them vp, and put them in a glasse: then you must boyle the sirrope, till it be as thicke as the other was, before you put in the Damasins, and so couer them close.

A water for the face, vsed of Gentlewomen. chap. 87.

Take Goats milke two pound, fine Flower halfe a pecke, the whites of three Egges, and make it from paste to little loaues, and bake it, but not too much: then take more of the said Goates milke, and crumme of the crummes of your bread into it, let it steepe all night, and wipe your face with a drie cloth, and then wash your face with the said milke, and in vsing this, it will make the face shine as white as snow.

Another to make the face faire.

Take the shearing of Scarlet, foure ounces, the whites of two new laid Egges, white wine two pound, Rosemary flowers, or Rosemary it selfe, and seethe it or still it, but if you seethe it, scum it cleane, and when it is cold, vse it, and it will make the skinne looke smooth.

Another to remoue high colour in the face.

Limons laid in Buttermilke, is an excellent meanes to remoue high colour in the face.

A water for heat in the face, and breaking out with pimples. chap. 88.

Take Allum glasse two pound, the ioyce of Plantin, Pursian, Veruyce, of each halfe a pound, the white of twenty Egges, heat them and mix them, and distill them: which water destroyeth chafings, heats, pimples, wheales and scurfes whatsoeuer they be.

To know whether a woman shall euer conceiue or no. chap. 89.

Take

Take the Ruine of a Hare, and hauing frayed and consumed it in hot water, giue it the woman to drinke in the morning at her breakefast, and let her stand in a hot Bath: and if there come a griefe or paine in her belly, she may conceiue, if not, she shall neuer conceiue.

To make a barren woman beare children.
chap. 90.

Take of those little sea-fishes, called in Latine Polipi, or Polipodes, and rost them vpon the Embers without Oyle, and let the woman eat of them, and it shall profit and helpe very much, hauing in the meane time the company of a man.

To make a woman haue a quicke and speedy deliberance of her children, without paine, or at least very little.
chap. 91.

The leaues of Bittony and stampe them, or else make powder of them, and giue the woman that laboureth, to drinke of it with a little water, and she shall be deliuered incontinent, without any great, paine or labour.

To stop the running of the Raines fiue seuerall wayes. chap. 92.

Take Venice Tiupentine washt in red Rose-water, foure ounces, a Nutmeg, Plantine seed, a yellow Amber-bead, of each alike, with like quantity of Sinamon, & powder of Comfrey roots, which being mingled, role of Tiupentine in the powder, and make it into fiue Pills as big as a beane, and take them in a spoone with sirrop of Rubarb, three in the morning, and three two houres before supper and it will helpe it.

Another for the running of the raines.

Take Nutmegs halfe a pound, and bruise them in a morter, and kneade them in dough and bake them, which bread is very healthfull.

Another speciall way approued.

Take Hazel-nuts, well pilled or blanched, two handfull, Sinkfoile and knotted grasse, of each a handfull, foure Camphire leaues: stampe the hearbs, and straine out the iuyce into two pound of Muscadell:

cadell: then beat the nut kernels as small as you can, and put them in: Also take an Amber bead, and beat it to powder very fine, which being put in the wine to the rest, stir them all together a good while: then seth it untill it come to a pound and a little more, and drinke the one halfe in the morning, and the other at night, making a very light supper.

Another for the same.

Dip and Clary, fryed with the yolkes of three or foure Eggs, and taken every morning, is very good.

To strengthen the seed. chap. 92.

Take Succory, Endive, Plantin, Violet flowers and the leaues, Clary, Sorrell, of each halfe a handfull, with a peece of Vnion, make a good broth, and to eat it euening and morning is speciall good.

For the gnawing in a womans stomacke. chap. 93.

Take a good handfull of Speermint, and a handfull of Wormwood, and beat a tile-stone, and lay these two things on it, & make a litle bag, and when the hearbs be hot, put them in the bagge, and so lay them to her stomacke.

For an Ague in a womans brest. chap. 94.

Take Hemlocke leaues, and fry them in sweet butter, & as hot as she may suffer it, lay it to her brest, and lay a warme white cotton, and it will drine it away in a short space.

For breasts that be sore with milke. chap. 95.

Take Linseed Oyle, and Wax, melt them, and wet a rag therin, and lay it to the brest warme, which will dry with the milke.

For a sore brest. chap. 96.

Take beane flower two handfull, branne, powder of Fengricke, of each a handfull, white Vineger a pound, three spoonefull of honey, and three yolkes of Eggs, seth all till it be thick, and lay it warme to the brest, which will both breake it and heale it, alwayes crushing out the matter when you shift it.

To

To keepe a womans breſt from breaking.
chap. 97.

Take Sage, Marigolds with the blacke ſeed, and the ſharpeſt nettles, of each halfe a handfull, braiſe them together, and lay it to, which will keepe it from breaking.

For the breſts broken or not.

Take oile of Roſes, beane flower, and the yolke of an Egge with a little Vineger, ſet it on the fire till it be luke-warme, then with a feather anoint the place.

For the vnnaturall heat of the Liuer. chap. 98.

Take Borage, Bugloſſe, Succory, Violets, Fumitory, young Hop-buds, Fennell-buds, of each a quarter of a handfull, young Mallowes, and Mercurie, of each halfe a handfull, boyle theſe in a pottle of whey, and ſtraine them.

For the canker in the mouth.
chap. 99.

Take halfe a pint of Ale, & a ſprig of Roſemary, & ſæthe them all together, & ſcum your Ale, & then put in a peece of Allum as much as a nut, and a ſpoonefull of honey, & two ſpoonefull of Honiſuckle water.

To make the face faire, and the breath ſweet.
chap. 100.

Take the flowers of Roſemary, and boile them in white Wine: then waſh your face with it, and uſe it for a drinke, and ſo ſhall you make your face faire, and your breath ſweet.

To make haire as yellow as gold. chap. 101.

Take the fine or ſcrapings of Rubarbe, & ſteepe it in white wine or in cleare lie, & after your haire waſhed your head with it, you ſhall wet your haires with a ſponge, or ſome other cloth, and let them dry by the fire, or in the Sun. After this wet them, & drie them againe, for the oftner they doe it, the fairer they will be, without hurting your head any thing at all.

To driue away all venemous beaſts from your houſe. chap. 102.

Take Juniper, the ſeed of Agnus Caſtus, the ſhels of riuer Creuelles, Harts horne, the greaſe or ſuet of a Bucke, Reſe or twin Creſſes, Organie & bittanie: make of al theſe drugs a dough or paſte.

paste. And when you will vse or occupy it, burne it, for whereas the smoke thereof goeth, the beasts will bide away.

## Against all poyson eaten and drunken. chap. 103.

Hauing knowledge that any man is poysoned, the chiefe remedy is to make him vomit the poyson, in giuing him Oyle, Oline luke-warme to drinke alone, or mixt with warme water. And if you haue no Oyle, giue him Butter with hot water, or with the decoction of Linseed, or the seed of Nettles, or of Semicrecum: and all these things purge the venome as well downward as vpward. After hauing made him vomit diuers times, you must purge him with sharp Glisters downward. Then giue him water mixt with honey, and also old wine enough to drinke. But if you can get good Treacle or Mithridate, they are the principallest against poysons, with Terra Sigillata, Acorne shels, and giue it him in good wine. Let his meat be fat flesh of old Beasts, and fat Broth especially of Hennes, and fat fish, and let him not sleepe. And in continuing with this meanes, he shall be deliuered by the helpe of God.

## To driue away Lice. chap. 104.

Take Incense, and the Lard of a Barrow hogge, properly called Barrowes greace: boyle them together in an earthen pan or pot leaded, and with this ointment rub and anoynt the place where the Lice be.

## How to make a soueraigne water, that M. Doctor Stephens, Physician, a man of great knowledge and cunning did practise, and vsed of long experience: and therewith did very many cures, and kept it alwaies secret, till of late a little before his death, Doctor Parker, late Archbishop of Canterburie, did get it in writing of him. chap. 105.

### The Receit.

Take a gallon of good Gascoine wine, then take Ginger, Galingale, Camomille, Cinnamon, Nutmegs, Graines, Cloues, Mace, Anisseeds, of euery of them a dramme. Then take Sage, Mint, red Rose, Time, Pellitorie of the wall, wilde Marioram, Rosemarie,

Penny

Penny mountaine other wise called wilde Time, Camomile, Lauender, and Anens, of euery of them one handfull: then beat the spices small, and braise the hearbs, and put all into the wine, and let it stand twelue houres, stirring it diuers times. Then still it in a Limbecke, and kepe the first pint of the water, for it is the best: then will come a second water, which is not so good as the first.

The sundry vertues and operations of the same many times approued.

The vertues of these waters be these: it comforteth the spirits, and preserueth greatly the youth of man, and helpeth the inward diseases comming of cold, against shaking of Palsie: it cureth the contract of sinewes, and helpeth conception of women that be barren: it killeth the wormes in the belly. It helpeth the cold gout, it helpeth the toothache, it comforth the stomacke very much, it cureth the cold dropsie, it helpeth the stone in the bladder, and in the reines of the backe: it cureth the canker, it helpeth shortly a stinking breath. And whoso vseth this water euer among and not too oft, it preserueth him in good liking, and shall make one seeme young very long. You must take one spoonefull of this water fasting, but once in seuen daies, for it is very hot in operation. It preserued Doctor Stevens, that hee liued fourescore and eighténe yeeres, whereof ten yeares he liued bedred.

To make a water that taketh off all staining, dying and spots from the hands of Artificers, that get them by working, and maketh them white and faire. It is good for them that be Sun-burned. chap. 106.

Take the iuyce of a Limmon, with a little Bay salt, and wash your hands with it, and let them drie of themselues: wash them againe, and you shall finde all the spots and staining gone. It is also very good against the scurffe or scabs.

To heale all manner of inflammation, and euill disposition of the aire, lepry faces, great swollen legs, or inflamed hands. chap. 107.

Take flower, or Amilum made of Barley, which ye shall easily find at the Apothecaries, and sethe it halfe an houre in common water, then straine it, and put it into another new pot that is cleane and neat, putting to it a few Mallowes, Succorie, Hoppes, Endiue and Borage, and sethe all these together vntill it be dissolued, and adde to it an ounce of Sandall, and then straine all, and take a linnen cloth, as much Cassia extracta as will goe into two nuts, and put it within the said linnen cloth with the Cassia, while the water is hot, pressing it so hard betweene your two fingers, that the substance of it may go into the water, then put to it Sugar or Pennides, as much as you will. Of this drinke (which is of very amiable sauour) you must take from day to day a litle glasse full in the morning, lying in your bed with your brest vpward, then laying some linnen cloth vpon your stomacke, sleepe if you can, and take of it also after you be vp, and haue done your necessary: the which doing, you shall finde your selfe very well healed in few daies. But here note that this must be done in the Summer, and not in the Winter, and he that hath his stomacke very cold, may weare before his brest some peece of Scarlet, or other cloth, and sometime anoint his stomacke with an Oyle made for the weakenesse of it, the perfect composition whereof we will put hereafter.

## A singular ointment which healeth all burnings with fire, not leaving any skarre where it hath beene. chap. 108.

Take the white of two egges, two ounces of Tuna Alexandrina, two ounces of quicke Lime, washed in nine waters, an ounce of new Wax, with as much Oyle Roset as shall suffice, and make thereof an Ointment, which ye shall finde very good for this that we haue spoken of.

## To draw an arrow-head or other iron out of a wound. chap. 109.

Take the iuyce of Valerian, in which yee shall wet a tent, and put it into the wound, laying the said herbe stamped vpon it, then make your binding or band as it appertaineth, & by this meanes you

you shall draw out the iron. And after heale the wound according as it shall require.

## For him that hath a bunch on his head, or that hath his head swollen with a fall. chap. 110.

Take an ounce of Bay salt, raw honey three ounces, Commin three ounces, Turpentine two ounces, intermingle all this well upon the fire, then lay it abroad upon a linnen cloth, and make thereof plaisters, the which you shall lay hot to his head, and it will altogether asswage the swelling, and heale him cleane and neat.

## To know what time in the yeere herbs and flowres should be gathered in their full strength. chap. 111.

Medicines are made diuers and sundry wayes, some by leaues, some by seeds, some by roots, some by hearbs, some by flowres, and some by fruits. Such leaues as are put in medicines, should be gathered when they be at their full waxing, ere that their colour be chaned, or that they fade any thing.

Seeds when they shall be full ripe, and the moistnesse somewhat dried away.

Flowres should be taken when they be fully open, ere they begin to fade.

Herbs should be gathered when they be full of sap, and ere they shrinke.

Rootes should be gathered when the leaues fall.

Fruits should be taken when that they be at their full growth, or when they fall, and the heauier the fruit is, the better, and those that be great and light in ponderation, chuse not them, and those that be gathered in faire weather, be better than those that be gathered in rayne. And those hearbs that grow in the fields, are better than those that grow in townes and gardens, and those that grow on hills in the fields, are best for medicines, for commonly they be lesse, and not fat, and haue more vertue.

Many hearbs there be that haue speciall time to be gathered in, and if they be gathered in that time, they haue the full vertue, to

their property, or else not so good. Some doe helpe whensoeuer they be gathered, and some are naught, if they be gathered out of time: therefore marke well what I teach thee.

Bettonie should be gathered principally in Lammas month, with the seed and the roots, and without any Iron tole, and it must bee dried in the shadow: for Medicines it may be gathered other times, but euermore it is the better if it be gotten without iron, and it must be gathered before the Sunne-rising.

Swinesgrasse may be gathered when it pleaseth you, in time of need.

Cammomill should be gathered in Aprill
Pellitorie should be gathered in June, before the Sun-rising.
Red Mocke should be gathered when they need daily.
Longde beese must be gathered in June and July.
Peniwort must be gathered in the beginning of winter.
Germander should be gathered in Lammas month.
Dragant should be gathered in June and July.
Columbine in Lammas month.
Addertong must be gathered in Aprill.
Pedelion when thou wilt.
Groundsill alway after midday.
Walwort, when it pleaseth you, without iron.
Violet should be gathered in the month of March, and in this month should Violets be put in suger and sirrop.

Roses should be gathered in Aprill or May, and of them should be made Suger-roset in sirrop of Roses, and in the same month should also be made of Cammomill.
Rosemary flowers should be gathered in May.
Sentory when it beginneth to flower.
Dragonum in the month of June.
Solsequi should be gathered the sixteenth day of August, before the Sun rising, without iron.
Harts-tongue should be gathered before day in November.
Aristologia should be gathered the same time.
Garlike may be taken when you need for Medicines.
Wilde Garlicke should be gathered when it floweth.
Gourds should be gathered in the end of September, when th

be ripe, and dried where the Sunne may be all day.

Wilde Hep-berries should be gathered when they war yellow.

Cucumber should be gathered when the fruit is ripe, and the fruit should be laid under Vines, where the Sunne may not have all his strength on it in a moist place, that it may rot, for then the seed shall be good and full of kernels.

Citrull when the fruit is ripe, and dried in a dry place in the Sunne.

Calamint should be gathered when it flowreth, and dry it in the shadow, and it will last a yere.

Saffron should be gathered before the Sunne arise.

Codue, that groweth among Flax, should be gathered when he beginneth to flowre, and it may be kept three yeres.

Cleber should be gathered in harvest time.

Fennell seeds should be gathered in the beginning of harvest, and two yeres they may be kept.

The roots of Fennell should be gathered in the beginning of the yere, and two yeres they are good.

Baldemoney, that some men call Gentian, should be gathered in the last end of the yere, and foure yeres it is good enough.

The root of this herbe is red, and how thou shalt know him is this, that he be very bitter, the lesse bitter, the worse.

Also looke that it be white, whole, and not hollow within, but sad, and not brittle, nor full of powder.

Galingale is called in Physicke Typus; it may be taken at all times when you will, but best it is in the end of Ver: and three dayes it must be laid in the Sunne, and so be dried, that the moisture rot it not, and then you must keepe it in the shadow.

Flower-de-luce should be gathered in the end of Ver, and dried in the Sunne, and it will last two yeres well.

## Here follow the sundry vertues of Roses, for diuers Medicines. chap. 112.

Roses be cold and moist in two degrées: It hath these vertues, stampe it and lay it to a sore that burneth and aketh, and it shall cease both the burning and aking.

Also it is good for the Feauer in the stomacke, and against all euils that are gendred in hot humors.

Also, let any woman drinke it with wine, and it shall forthwith cause her to restraine bleeding, and helpe the marrowes of the wombe.

Also make oyle of Roses, and that is a principall receit for pricking in sinewes, and the water thereof is good for sore eyes, and for hot euills, and the oyle is good for the head ache to anoint therewith the temples, and the root of him is good to draw forth iron or other things in a mans foote, and the redde rose is much better than the white.

## The sundry vertues of Lillies. chap. 113.

Lillies are cold and dry in the third degrée, and so saith Galen, that who so sœtheth the leaues in water, it is a noble plaister for sinewes that are shortned, and it is good for all manner of burnings and scaldings.

Also, when the leaues and rootes are sodden in old wine, and tempered vp with honey, it is a profitable plaister, for sickneſſe that are starued. Also the water and the iuyce is good for to wash thy bissers, and to take away the freckles on mans visage or womans: and the root is good to ripe therewith botches, and for to breake them.

## Of the sundry vertues of Milfoyle. chap. 114.

Milfoyle is hot and dry in the second degrée, it is good to stanch the bloodie flux, and the iuyce thereof healed the biting of a red hound: and if it be sod in red wine, drinke it, and it slaieth wormes in the womb, and it softneth the hardnes in a mans womb, and helpeth the Iaundise and dropsie.

An

And take the herbe and stampe it, and temper it with Vineger, and it will doe away blood in woundes, and it will ease the tooth-ach when it is chewed fasting. Also it is good for the stinging of an Adder, when it is sodden in wine, drinke it, and lay the substance thereto, and it will draw the venome out of the sore.

## The sundry vertues of Rosemary. chap. 115.

Rosemary is hot and drie: take the flowres thereof, and put them in a cleane cloth, and boyle them in faire cleane water, vntill halfe be wasted, and cole it, and drinke that water, for it is much worth against all manner of euils in the body.

Also, take the flowres, and make powder thereof, and binde it to the right arme in a linnen cloth, and it shall make thee light and merry.

Also, eat the flowres with honey fasting, with sowre bread, or else with other bread, and there shall arise in thee no euill swelling.

Also, take the flowres, and put them in thy cheft among thy cloth or among thy bookes, and mothes shall not destroy them.

Also, boyle the flowres in Goats milke, and then let them stand all night vnder the aire couered, and after that giue him to drinke thereof that hath the Miselie, and he shall be holpen.

Also, if there be any man that is rammage, take the flowres, and leaues a great quantity, and boyle them together in a good quantity of cleane water, in that Patient Balneat, and it shall heale him.

Also, boyle the leaues in white wine, and wash thy face therewith and thy beard, and thy browes, and there shall no corne spring out, but thou shalt haue a faire face.

Also, put the leaues vnder thy bed, and thou shalt be deliuered of all euill dreames.

Also, breake the leaues to powder, and lay it on the Canker, and it shall kill it.

Also, take the leaues, and put them in a wine vessell, and it shall keepe the wine from all sowrenes and euill sauours: and if thou wilt sell thy wine, thou shalt haue good spæd.

Also, if thou be feeble with vnkind sweat, boyle the leaues in cleane

cleane water, and wash thy head therewith, and thou shalt be deliuered from that euill.

Also if thou haue lost appetite of eating, boile well these leaues in cleane water, and when the water is cold, put thereunto as much of white wine, and then make therein a sop: eat thou thereof well, and thou shalt restore thy appetite againe.

Also, if thou haue the Flux, boile the leaues in strong Eyzill, and lay them in a linnen cloth, and binde it to thy wombe, and anon thy Flux shall be withdrawne.

Also, if thy legs be blowne with the Gout, boile the leaues in water, and then take the leaues, and binde them in a linnen cloth, and winde it about thy legs, and it shall doe thee much good.

Also, take the leaues, and boile them in strong Eyzell, and binde them to thy stomacke in a cloth, and it shall deliuer thee of all euils.

Also, if you haue the cough, by stirring, or by any other way, drink the water of the leaues boiled in white wine, and ye shall be whole.

Make powder of the rinde of Rosemary, and drinke it, and if thou be in the pose, thou shalt be deliuered.

Also, take the timber thereof, and burne it in coales, and make a powder thereof, and then put it in a linnen cloth, and rub thy teeth therewith, and if there be any wormes therein, it shall slay them, and keepe thy teeth from all euils.

Also, of the wood make a boyst to smell thereto, and it shall keepe thee youngly.

Also, make thereof a barrell, and drink thou of the drink that standeth therein, and thou needst not dread of any euill being therein: and if thou set it in the field, or in thy Garden, keepe it honestly, and it shall bring forth much increasing of it selfe.

And if a man haue lost his smelling of the aire, that he may not draw his breath, make a fire of the wood and bake his bread therewith, and eat it, and it shall keepe him well.

Also, a man that hath the Gout, take Dyle of Roses, and the yolk of an Egge, and the flowers of Rosemarie, and meddle them together, and doe it to his sore, and he shall be holpen.

How

For to make a ſpeciall ſoueraigne water, which is of three colours, and it is called the mother of all waters, which is very excellent to cure the canker, the pocks, or leproſie, or any other kinde of ſuperfluous humours, or any ſore old or new, and it is thus made.

chap. 116.

Take Turpentine foure pound, of Frankincenſe, Maſtick, of either two ounces, Allowes Epaticke, Dates ſtones, Labdanum, Caſtorium, rootes of Betanie, rootes of Enula Campana, of each two ounces, diſtill them in a Limbeck of glaſſe, with a ſoft fire. The firſt water is cleare: the ſecond water is yellow, and ſwimmeth aboue the other: the third water is reddiſh like Saffron, and when it beginneth to be redde and thicke like honny, then beginneth the third water. The firſt water burneth like a candle: the ſecond water curdeth like milke, and if you put one droppe of the third water into a cup of drinke, it goeth preſently to the bottome, and there will it lie an houres ſpace, and then mount vp to the toppe, as true Balme doth: and with this water, if you waſh your face twice a day, and chiefly your Noſtrils, it cureth the rewme deſcending from the braine, and clarifieth the ſight. And if you wet a linnen cloth in this water, and lay it to any ſore legge or arme that hath dead fleſh, it will cleanſe it, and driue away the ache within fiue houres ſpace, and it conſumes all Apoſtumes, Vlcers, Fiſtules, Puſtules, Emeroids, and healeth all greene wounds. And if ye dip a linnen cloth therein, and make it fiuefold, and lay it to the noddle of your necke, it healeth the Palſie: and ſo likewiſe it cureth the Gout, or any ſinnew that is drawne together therewith, bathe it three or foure times together warme.

The water that is of the colour of blood, is of ſuch vertue, that if a leaprous man or woman vſe thereof fifteene dayes together, halfe a ſpoonefull euery day, he ſhall be healed.

The firſt water is of ſuch vertue, that if it be put in a freſh wound, it healeth it in foure and twenty houres, if it be not mortall.

And it healeth all kind of cankers, crepces, Noli me tangere, within fifteene dayes, if you waſh them with the ſaid water euery third

day, and if you make rags of cloth, and dip it in the same water, and lay it vpon a plague sore, and drop one drop therein, and it mortifieth the malignity thereof, and that shortly. And if you drop one drop in the eye, that hath a pearle, or is halfe blind, it will recouer it in eight dayes without any paines: and if you drinke a spoonefull of it with white Wine, it will recouer the Strangury or dissure within fire houres, and breaketh the stone within two houres, whether it be in the reines or in the bladder. The water that hath the colour of blood is most precious it comforteth the weake member, and preserueth the body from all diseases, and purifieth rotten blood, and healeth all diseases of the Mill, and keepeth away the Gout, and causeth good digestion, it purgeth cold and rotten blood, and putteth away ill humors, and healeth all agues. This water must be vsed from the moneth of November, to the month of Aprill, and you must take but halfe a spoonefull at once, nor oftner than once a weeke.

The manner to make this water, ye must haue a glasse a cubite high, and fill it with Aqua vitæ made with Wine, and stop it well, then put it in horse-dung, so that it be not moist, nor too wet, lest the glasse breake, and you must leaue the necke of the glasse without in the ayre; that glasse through heat of the dung will boyle sore, so that the water will ascend to the necke of the same, and descend againe to the bottom through the ayre, and so let it stand thirty daies, then take out the glasse, and put these things following in the water, and stoppe the mouth that it breathe not out, and so leaue it in eight dayes,

Last of all, put the glasse in Balneo Mariæ with sand, setting on a head with a receiuer, well stopped, and make a soft fire, and gather the first water that drops cleare, but when you see the second Water turne into redde colour, change the Receiuer, for then beginneth the second water to come, and that will keepe well in a glasse well stopped.

The spices that goe to this water, be these, with the hearbs, Cardanum, Cloues, Nutmegs, Ginger, Galingale, Zedoaire, Pepper, Spikenard, Laurell-berries, Smallage seedes, Hugwort seedes, Fennell seedes, Annis seedes, Flowers of Basill, Elderne flowers, redde-Roses and white, Lignum Aloes, Cubibes, Cardamum, Calamus Aromaticus, Maces, Germander, Frankincense, Turmentill, Iuniper, Egrimonie, Dentory, Fumitorie, Pemperneli,

XUM

nell, Dandelion, Eufrage, Endive, ſeedes of Sorrell, yellow ſaunders, Fetherfew, Aloes, Epatick, of each two ounces, Rubard, two drammes, dry Figges, Reaſins, Dates without ſtones, ſweet Almonds, of each two ounces, Aqua vitæ, to the quantity of them all, that is, for one pound of Engredience, foure pound of Sugar, two pound of honey. This water is called, The mother of all waters.

A perfect way to cure the loathſome diſeaſe of the French pocks, paines in the loynes, lameneſſe of limmes, palenеſſe of colour, loathſome ſcabbes, or any other filthy diſeaſe proceeding of ſuperfluous or euill humours, as alſo to aſſwage ouer-groſſe and foggie fat bellies, and that without danger.

chap. 117.

Firſt, it is needfull to prouide for the ſicke body a cloſe and cleane Chamber out of all groſſe aire, and cleane warme garments, both for body and legges, and at riſing and going to bed, a fire of Charcoales, for wood is not ſo wholeſome for ſmoaking: alſo, they muſt not be troubled with any thing to bring them out of patience, for that corrupteth the blood, which muſt be new altered: alſo the ſicke body muſt eate but little meat, and that kinde of meate as ſhall hereafter be preſcribed, and at ſuch time as ſhall bee appointed, and let the ſicke body vſe playing on inſtruments, or heare ſome playing, or tell merry tales, and let him haue no company of any woman, for that is a moſt dangerous poyſon for the health of any perſon in that caſe.

Secondly, you muſt prepare two braſſe pots or elſe iron, one being foure gallons, the other ſix gallons, one for ſtrong drink, the other for ſmall drinke.

Alſo, you muſt haue cloſe couers to them of braſſe or iron, you muſt alſo prepare certaine good earthen veſſels, with cloſe couers, to keepe your drinke in, of both ſorts by themſelues. Moreouer, you muſt haue a ſtrainer, of a ſearce-cloth, to ſtraine your drinke after it is decoct, Inſtruments to take out the dead fleſh, and to

seaceth a sore, and a syringe to cleanse any sore being deepe, with the same drinke. Also you must haue a wooden vessell to bathe the sicke body in, at such times as hereafter shall be appointed, Also you must prepare cleane clothes to drie the sicke body after a sweate, being warmed well first: other instruments you shall need none, but onely your wood scraped small or turned, and the barke of the wood pounded in a morter, and the drugs also small, and your water which you shall decoct, the same must be of a good Conduit or running brooke, very cleane without any kinde of filth. Chalke water is good.

Thirdly, for your strong drinke, yee must take your pot of foure gallons, & set it on a fire of coales, with the foure gallons of the faire running water, then put into the same one pound and halfe of your wood, small raped, or turned at the Turners, but when you doe buy your wood, see it be not old, and lacke moisture: this triall is best: Take a little coale burning, and lay it on the blocke before it be raped, and if it be good, it will boyle vpon euery side of the coale like Mirrhe: Then put thereto an ounce or a little more of the barke of the same wood made in small powder, then take a quarter of a pound of Cummin seeds put whole in the same, and one halfe quarter of an ounce of Radix, and Rubarb, and then stop your pot fast, and lay paste aboue the couer, and so fast, that no aire come out, then seeth it on a soft fire, but euer keepe it boyling, and let it boyle at the least eight houres, then set it by, and vnstop it not vntill it be cold, then take your Searce, and straine it into a faire earthen pot, and couer it close. The sicke body must drinke of this but one draught lukewarme, in the morning, and one other at night.

Fourthly, you must take your pot of six gallons, and put in it six gallons of running water, and one pound of the wood raped, and a quarter of Cummin seeds, and decoct it in all kinde of thing euen as the other, being close stopped, and when it is cold, straine it into an earthen vessell or vessels, and that must the party drinke at meale, and at other times when he list to drinke, and spare not, but draw it by.

Fiftly, the sicke body must be kept very warme, and not rise out of bed before eight of the clocke, and then eat a dozen or twenty Reasins of the Sun, and no bread, but a draught of strong drinke warme,

and

and about eleuen of the clocke, let the ſicke body eate a little meat, as may ſuffice nature, and what meat, it ſhall be hereafter ſhewed: then let the ſicke body walke ſome-whiles in his chamber, or reade ſome booke, or play on inſtruments, to keepe him from ſleeping: then at ſix of the clocke at night, a dozen of Reaſins of the Sunne, and nothing elſe but a draught of ſtrong drinke warmed.

Sixtly, giue to the Patient to eate, theſe meats following, Chickin, Partridge, Feaſant, Hen, Capon, Rabbet, Conny, Veale, Mutton, and none other, nor any ſalt nor leauened bread, nor Rie bread, and very ſeldome roſted but boiled in water, and no Broth nor Potage, nor any kind of ſauce: if the ſicke body haue roaſt, let it be but euery third meale, and no kind of fiſh, milke, or fruits, Reaſins excepted.

Seuenthly, once in three dayes, for the firſt nine dayes in the morning, let the ſicke body drinke a good draught of the ſtrong drinke ſomewhat warme, and then lay very many clothes on him, till hee ſweat, for the ſpace of two houres: then eaſe ſome of the clothes, and haue warmed linnen clothes, and rub all the body dry ere he riſe, if he haue any ſores that be deepe, waſh the ſore with ſtrong drinke, and with a ſearce; and dip a little cloth in the ſtrong drinke, and lay it to the ſore, whether be ſore or knobs.

Eightly, after nine or ten dayes be paſt, once in three dayes let the ſick body be bathed on this ſort. Set faire running water on the fire, and put thereto a great deale of ground Ivy leaues, and red Sage, and Fennell alſo, and by a good fire, when the ſicke body is going to bed, put the water and hearbs into a veſſell of wood, and let the ſicke body ſtand vpright in it by the fire, and take vp the hearbs, and rub the body of the ſick Patient downwards, & then dry him with warme clothes: vſe this three weekes, and by the grace of God, the ſicke body ſhall be made whole, whatſoeuer he be: then if the party be very weake, after nine or ten of the firſt dayes, let him eate euery day at foure a clocke in the after-noone a new laid Egge poached in faire water, & as much new bread as may ſuffice nature, and a little cleane wine. Vſe this diet with good regard, as before preſcribed, and (by the grace of God) they ſhall be perfectly cured of their diſeaſes aboue mentioned.

## The manner to make another kinde of diet drinke of ſtronger operation, for the ſame diſeaſes, which by the practice onely of one man, hath done very great good, as well in the City of London, as in diuers parts of the Realme.

### chap. 118.

Take of the beſt Guaicum, moſt heauy, and full of Gum, foure pound; let it be well raſed with a Rape, or turned into fine chips by a Turner, and of the ſame barkes two pound: of Cardus Benedictus, which is called the bleſſed Thiſtle, halfe a pound, of Maydenhaire, Cetrach, the flowres of wilde and Garden Bugloſſe, ana one pound, ſweet Caſſia, ſix ounces, Anis-ſéed one ounce and a halfe, white Sugar ſix pound, caſt all theſe into a wine veſſell cleane and apt for the ſame purpoſe, vpon which powre of the cleaneſt and beſt white Wine that may be got, in quantity one hundred and fifty pound, couer this veſſell thrée dayes, then ſtraine it through and haire cloth: then kéepe it in a cleane veſſell for the Patient at dinner and ſupper, but not to drinke it in the morning or euening. Beſides the drinking of this Guaicum at dinner and ſupper, the Patient may betwéene the times, as one houre before or after dinner and ſupper, drinke foure or fiue ounces. Alſo your aforeſaid receipts may bée put in cleane new white Wine or claret wine, being fined and made in the preſcribed manner.

Furthermore, the Patient that hath the Por, Dropſie, or Gout, may drinke among, this worthy medicine following, the doſſe or quantity is two ounces or more, according to the age and complexion of the Patient.

Take Maidenhaire, cleane freſh Hops, Fumitory, Citrach, called Aſplenum, Sene, of Alexand. of each thrée drammes, great Centaury rootes, Liquorice, Polipody, wild and garden Bugloſſe, each foure ounces, Anis ſéeds, Nigella Romana, the flowres of Bugloſſe, the thrée Saunders, Cinamon, of each fiue ounces; put this into 24. pound of the Guaicum water, ſodden after the deſcription in the Compounds following: then put it in a cloſe veſſell, and ſtoppe the mouth, and when that is done, ſet the ſaid veſſell in another ſéething kettle vpon the fire, ſo let it ſtand and ſéeth for twenty houres faire and

and softly, then straine it, and kæpe it in a cleane close vessell for the vse aforesaid. But if the Patient be full of humours, then do thus: take Sene Alexand. two pound, Succa Rosarum solatina, six pound, white Sugar seuen pound, Rubard elected three ounces, finely cut, Turbit of the best one ounce, put these in a cleane stone-pot with a narrow mouth: powre into this pot xviij. pound of the common Guaicum water, made in manner in the compound following: stop your pots mouth, sæth it in the foresaid manner vpon a soft fire 24. houres vntill it come to a thinne sirrop, called Jelup, then straine it, and kæpe this precious purging drinke for morning; the Dosse one ounce and a halfe, according to the age, complexion, and strength: the Patient must also eat bread three ounces, well baked like Bisket, and the flesh of Chicken, Hen, Capon, Partridge, Feasant, smal birds of the wood roasted, expell sodden meats: and if the common drinke be too strong, then the Patient may powre there-vnto some small cleare Wine, or Bære: let the Patient be merry, kept in a faire cleane chamber, with swæt perfumes, not much fæding, but little and fine, with cleane warme apparell, and a fire with Charcoales, eschewing Venery, Wines, Fish, grosse flesh, pottage, and white meate: care, anger, cold, much heat; and by Gods helpe ye shall haue present remedie, whether it be for the Pore or to cleanse the reynes, or for them that be ouer-fat or foggie people, full of grosse humors, gotten with ease and fæding, and to rebate & allwage their foggines without hurt, but rather renue them (as it were) and make them fæme yong. It helpeth also the Gout, Dropsie, Sciatica, Canker and Timpanie, and many other loathsome diseases, that procæd from ouer-great abundance of grosse humours, also for extreame paine in the ioynts.

## The manner to chuse the best Guaicum, or Lignum vitæ.

### chap. 119.

OF this wood Guaicum, there are three kinds: the first is black within, in the heart pale coloured, hauing in it russet lines, very hard and heauy. The other blacke within, but white without, hauing very small lines, is hard and heauy, and not so great as the first. The third is all right white within and without, hauing very small lines; and the heart of this wood is best, the arme of the

Træ

tree is better than the bodie, the boughes neerer the fruit haue the more vertue, warmnesse, and drinesse, than the lower parts of the tree, which are more grosser, and more earthly of nature: and the more vnctious the wood is, it is the better: the sap is not so good as the heart neither the barke so good as the sap. But the white wood is sweet, and most excellent in operation, and is Lignum sanctum, the holy wood. The bark of the straight young branches or boughs, being heauy and white, moist, and without lines, hard compacted, be the best barkes for the Pox. All these woods called Guiaci, haue a Rozin, or matter like Beniamin, or pleasant Gum within the wood, which is the spirit or liuely helping humour in decoction for the Pox, in the sinnewes, veines, muskles, head, hands, feet, and the bones: No sicknesse is so sharpe and cruell to nature, but this precious wood will both quickly and gently asswage the pain & griefe of the same, if it be ministred accordingly in decoction, namely to them, whom either the Pox hath tormented, or else the Gout with intolerable griefe.

## A most certaine and approued remedie against all manner of pestilence or plague, be it neuer so vehement.

### Chap. 120.

Take an Onion and cut him ouerthwart, then make a little hole in each peece, the which you shall fill with fine Treakle, and set the peeces together againe as they were before: after this, wrap them in a wet linnen cloth, putting it to roast, couered in the Imbers or ashes: and when it is roasted enough, presse out all the iuice of it, and giue the Patient to drink therof a spoonfull; immediately he shall feele himselfe better, and shall without faile be healed.

To

## To make a sirrop of Vineger, good for many things.

chap. 121.

Take sharpe Vineger a pound and a halfe, Suger two pound and a halfe, boyle it till it be a sirrop. It will digest Choler, Melancholy, and Flegme: it will make grosse humours thinne: openeth obstructions, prouoketh vrine, expelleth naughty humors: is good against all pestilent Feauers, coleth and quencheth thirst, and keeps the body lose.

## To comfort the heart, and take away Melancholy.

chap. 122.

Take the iuyce of Borage foure pound, the flowres of Borage halfe a pound: let these stand infused in hot embers fourteene houres, then being strained and clarified, put to of good Suger two pound, and boyle it to a sirrop.

## A sirrop to cleanse the Breast and the Lungs, the Cough and the Plurisie.

chap. 123.

Take Licoras small shred and bruised, an ounce, Maidenhaire halfe an ounce, Hysop two drammes, water two pound, let these lie mixt foure and twenty houres, then boyle it till the third part be consumed, then straine it, and put into the same of good honey, of Suger pennet, and white Suger, of each foure ounces, and Rose water three ounces.

## For spetting either of Lights or Lungs.

chap. 124.

Take the iuyce of Purslane, and Plantine, of each an ounce, red Corrall a dram, and blood-stone halfe a dram fine powdred, mixt together, vse it.

For wormes in young children. chap. 125.

Take Lupines, and make flowre of them, which kneaded with honey, lay it to the stomacke of the childe.

For the swelling of the Cods. chap. 126.

Take Rue stampt, lay it to the grieued place, and thou shalt haue present remedy.

For him that cannot hold his water. chap. 127.

Take the small end of Oaken leaues, & sæthe them in Claret wine, being well beaten, lay it as hot as may be suffered vpon the yard in a plaister fashion.

For the head-each. chap. 128.

Take the iuyce of Marioram, and put it into the Nosethrils, and it will helpe you.

For the griefe of the stomacke. chap. 129.

Take Mastick, Cloues, Nutmegs, of each a dram, Mace and Cinamon, of each halfe a dramme fine powdered: then take the bottome of a browne loafe toasted, and dipt in Malmesie, strewing of the said powder vpon it, lay it to the stomacke, and it is a present remedy.

For the Itch. chap. 130.

Take vnwrought Wax, fresh Butter, Rose Vineger, red Rose-water, Brimstone finely beaten, and Cloues all boyled together: make an ointment, and vse.

A Gargill for a sore throat. chap. 131.

Take white Wine, conduit-water, of each a pound, Roch Allum, halfe an ounce, two spoonefuls of honey, boyle all to a pound and a halfe, and vse it three or foure times a day.

A water for Scabs, Vlcers, and Pushes.
chap. 132.

Take Plantine water halfe a pound, water of Orenges foure ounces, Sublimate powder, an ounce, put all in a double glasse, or some other good vessell, and let it boyle with a gentle fire, a quarter of an houre, and take it off, and keepe it in a cleane vessell, which vse three or foure sundry times, and it will heale them.

To make a water to take out all spots of cloth of gold, and veluet. chap. 133.

Take raw redde Arsnicke, Martem Cudum, of each of them a like quantity, and when they be well brayed, powre some faire water vpon them, and then putting the hearb Cinkefoyle to it, seethe it vnto the halfe, and then let it coole, and set it in the sun two houres: then wash your cloth in it, and let it dry in the Sunne.

To take spots of grease and oyle out of all sorts of cloth, white or other.
chap. 134.

Take the water that pease hath beene sod in, and steepe your cloth where the spot is in it, and then wash it in cleane riuer water, and drie it in the Sunne.

To take all manner of spots out of silke.
chap. 135.

Take the iuyce of great and round Mushroms of a sharp taste, wet the spots in it the space of two houres, & then wash them with cleare water, and then let them drie..

To take spots out of cloth. chap. 136.

Take cold lye, and lees of whitte Wine, made a little hot, and mix them well together. But you must take heed they be not too hot, and wash your cloth.

## A soueraigne remedy for the Cough. chap. 137.

Take Brimstone beaten in powder halfe an ounce, and put it in a new laid Egge soft rosted, mingle it well together, then put to it Beniamin the bignesse of a Zitch Pease, lightly stamped, and drink it in the morning for your breakfast: Take as much againe at night when you goe to bed, and you shall be whole at the second or third time. But if the cough haue holden you long, you must take it so much the oftner.

## To keepe your Poultry from destroying with Weasels. chap. 138.

Rub your Poultrey with the iuyce of Rue or Herbe grace, and the Weasels shall doe them no hurt; If they eat the Lungs of a fox, the Foxes will not eat them.

## A briefe Treatise of Vrines; as well of mens Vrines as of womens: to iudge by the colours, which betokeneth health, which sicknesse, and which death, chap. 139

IT is shewed, that in foure parts of the body dwelleth sicknes and health, that is, in the wombe, in the head, in the liuer, and in the bladder. In what manuer thou must know their properties, & therof thou maist learne.

If a mans vrine be white at morne, and red before meat, and white after meat, he is whole. And if it be fat and thicke, it is not good: and if the Vrine be meanly thicke, it is good to like. And if it be thicke as Asse-pisse, it betokeneth head-ache.

Vrine that is two daies red, and the third day white, betokeneth very health.

Vrine that is fat, white, & moist, betokeneth the feauer quartaine.

Vrine that is bloudy, betokeneth that the bladder is hurt, by some rotting that is within.

A little Vrine all fleshy betokeneth of the reynes: who pisseth bloud without sicknesse, hath some veine broken in the reynes.

Vrine that is ponderous, betokeneth that the bladder is hurt.

Vrine that is somewhat bloudy of sicknes, betokeneth grat euill within the body, and namely in the bladder.

Vrine that falleth by droppes aboue, as it were great bolnes, betokeneth

betokeneth great sickneſſe and long.

Womens Urine that is cleare and shining in the Urinall as siluer, if she cast off, and if she haue no talent to meat, it betokeneth she is with childe.

Womens Urine that is strong and white with stinking, betokeneth sicknesse in the reynes and in her secret receits, in her chambers full of euill humors, and of sickneſſe of her selfe.

Womens Urine that is bloudy, and cleare as water vnder, betokeneth head-ach.

Womens Urine that is like to gold, cleare and mighty, betokeneth that she hath lust to man.

Womens Urine that hath colour of stable cleansing, betokeneth her to haue the Feauer quartaine, and she to die the third day.

Womens Urine that appeareth as colour of lead, if she be with childe, betokeneth that it is death within her.

Hereafter follow all the Vrines that betoken death, as well the vrine of the man as of the woman. chap. 140

In a whole Aris, one part red, another black, another greene, and another blue, betokeneth death.

Urine in whole Aris, blacke and little in quantity, fatty and stinking, it betokeneth death.

Urine couered ouer all as lead, betokeneth prolonging of death.

Urine that shineth raw and right bright, if the skinne in the bottome shine not, it betokeneth death.

Urine thin in substance, hauing fleeting aboue, as it were a darke skie, signifieth of death.

Urine durty, stinking, and darke, with a darke skye within, betokeneth a prolonging of death.

Urine that is of the colour of water, if it haue a darke skie in an Aris, it betokeneth death.

Urine that hath vrells in the bottome medled with bloud, it betokeneth death.

Urine blacke and thicke, if the sicke loath when he goeth to the privy, and when he speaketh ouerthwart, or that he vnderstandeth not aright, and if these sicknesses goe not from him, they betoken death.

FINIS.

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FINIS.

# THE TREASVRIE OF Hidden Secrets,

Commonly called,

The Good-huſwiues Cloſet of prouiſion, *for the health of her Houſhold.*

Gathered out of ſundrie experiments, lately practiſed by men of great knowledge: And now newly inlarged with diuers neceſſary Phyſicke helpes, and knowledge of the names and diſpoſition of diſeaſes, that moſt commonly happen to men and women.

Not impertinent for euery good Huſwife to vſe in her houſe, amongſt her owne Familie.

LONDON,
Printed by *Elizabeth All-de*, dwelling neere Chriſts-Church, 1633.

them in Vineger, and make a plaister thereof and and lay it to her and to the reines, and if discentery be in default in the vpper gut, lay thare, the plaister vpon her stomacke.

## Powder of Holland against the Collicke, and the gnawing of the belly. chap. 77.

Take Cinamon, Annis sæd, Fennell sæd, Commin sæd, of each a quarter of an ounce, of thauen Liquoris three quarters of an ounce, of Galingale one ounce and a halfe, of spckenard a quarter of an ounce, of Sæne of Alexandria, two ounces: beat them into fine powder, and serce them, whereof take a quarter of an ounce in a messe of pottage.

## Powder to make the belly soluble, causing a gentle laske: easie for any one to take. chap. 78.

Take sæne of Alexandria one ounce, of fine Ginger halfe a quarter of an ounce, of Annis sæd a quarter of an ounce, beat them into fine powder, and put them into sodden suger, and make lossings (as before) of the whole, the number of sixteene, whereof dissolue two of them into a messe of pottage, or in a cup of Wine, fasting in the the morning, and fast an houre after. If you doe put as much suger in powder, yee may keepe it in a bladder, and the whole powder will serue eight times to receiue: as euen now is said.

## A receit to restore strength, in them that are brought low with long sickenesse. chap. 79.

Take of the brawne of a Feasant or Partridge, or of a Capon sodden or roasted of each a quarter of an ounce: keepe them in Rose water two houres, of the kernels of Nuts, called Pistatiorum, and of the kernell of a Pine Apple, of each a quarter of ounce, of Cinamon in fine powder the weight of twenty barley cornes, of the spices of Dianthos, Diamargariton, Letificentes Galeni, of each the weight of forty graines of Barley corne, of the sæde of Millon, Pepon, Gourd, and Cucummer, of each the weight of ten granes, the skinne taken off, let them be all ground small, then take six ounces of suger dissolued in Borage water, sæthe it on height, as for lossings, and when it is sodden enough, then put in all the other geare, and make lossings thereof. Whereof one is sufficient at once dissolued in a messe of potage, or a draught of drinke. Thus doe two or three times euery day.

To

## To make Loosings. chap. 80.

Take halfe a pound of Sugar, and as much Rose-water, or other distilled water, as for Manus Christi, seethe them likewise, and when you will know when it is sod enough, take out some vpon a knives point, and let it coole, and if it be hard like Sugar, then it is sodden enough. Then put into it powder of Ginger, Sinamon, or Nutmeg: Stirre them well together, lay it vpon a paper oyled, driue it as thinne as ye thinke meet, lay on your gold leafe with a Connies taile, cut your Loosings Diamond-fashion, and so keepe them.

## To perfume Gloues. chap. 81.

Take the Gloues and wash them in the Rose-water, or Damaske water, till the scurfe of the Leather bee gone, and then stretch them forth softly, and keepe the water you wash them with still, then hang them vp to drie, and then lay them in a linnen cloth, that is folded three or foure times double, and when they be drie, let them lie in Rose-leaues dried a day or two, then take oile of Ciuet, Almonds, and Muske, and grinde them together vpon a Marblestone, stretch them forth softly, and with your hand anoint your gloues three or four times, and euer among stretch them forth as they drie. Then take Sandifer mixed with a little Amber-Greece, and strow the powder of it thinly vpon them, and lay them in a paper, and in a box: or else melt the Amber-Greece in a quantity of Rose-water, and mixe them drie, and lay them in faire white paper.

## 2 To perfume Gloues another way.

Take the Gloues, and wash them as aforesaid, three or foure times: and wring them euery time softly: then take Gum Dragagant, and steepe it in fine Damaske water one night: Then straine the water thorow a fine linnen cloth, and take Gum and mixe it with an ounce of Amber-Greece, with Oile of Turpentine: Then mingle all together, and roule your Gloues with the same: lay them to drie, and lay a paper betweene.

## 3. A preparatiue for Gloues.

Wash the Gloues, as aforesaid, till the scent of the Leather bee gone: then take of Beniamin two ounces, of Storax Cala-

mite one ounce, let them be very fine: then take Oyle of Ciuill Almonds, and mingle it with Beniamin & Stozar vpon a Marble ſtone. When it is well ground, put it into an earthen pot with oyle of Ciuet Almonds, then put in Cloues in powder, and ſo let it ſtand cloſe couered: and when you need, take a little Roſe-water in a ſponge, and rub the Gloues ſoftly, and then in like manner, with the Oyle called Ciuet, for the ſame purpoſe.

4. Another way.

Take twelue graines of Muſke, ſix graines of Amber Greece, three graines of Stozar Calamite, ſix graines of Beniamin, and a few Cloues: grinde all theſe together with oyle of Ciuet Almonds. Firſt, waſh your cloaths with Fulles diſſolued a day in Damaſke water.

5. Another for Gloues.

Take your Gloues and waſh them in Roſe-water once or twice, till all the ſcurffe bee gone from them, and then let them drie, and ſtretch them well out, fingers and all. Then plaine them, and waſh them once or twice: then take two ounces of Stozar, and as much Beniamin made in powder: dreſſe your gloues all ouer, on a ſmooth board before they be dry: then hang them to drie, and when they bee drie, ſaue the powder that is left.

Then take a pint of Roſe-water, and two ounces of Stozar, and two ounces of Cinamon, put all theſe in powder, and caſt them to the Roſe-water, and let them ſeeth in a cloſe Poſnet couered. Then take a fine brush and brush them ouer.

6. Another way to perfume.

Take Amber-Greece a dramme, of Muſke halfe a dramme, of Fulles a dramme, of Ciuet halfe an ounce, put all theſe together in a pint of Roſe-water, or Damaſke water.

7. Another way.

Take a dram of Amber-Greece, a dramme of Beniamin, halfe a dramme of Fulles, a dramme of Stozar, a quarter of an ounce of Labdanum, put theſe in Roſe-water.

A perfume for Cheſts and Cupboords, and alſo for Gloues. chap. 82.

Take Beniamin and Storax of each an ounce, Labdanum and Fulles, of each a quarter of an ounce, halfe a dram of Ciuet: if you burne it for Cheſts, or Cupboords, beat it in a hot morter: if it be for Gloues, boile it, and put it to Roſewater.

To colour Gloues. chap. 83.

You muſt haue hulles of greene Walnuts, that muſt lie in water all the yeere long, role them well with theſe hulles, and make them as deepe a colour as ye may.

How to colour Gloues yellow within.

To colour Gloues yellow within, take the yolks of twentie Egs, and put them in a frying pan with a ſoft fire, ſtir them euer, & bruiſe them with a Ladle, and the oile that aſcendeth of them, being anointed on the inſide of the gloues, will make them looke yellow.

To make Muske Sope. chap. 84.

Take ſtrong lye made of Chalke, and ſix pound of ſtone chalke, foure pound of Deere ſuet, and put them in the lye in an earthen pot, and mingle it well, and keepe it the ſpace of forty daies, and mingle and ſtirre it three or foure times a day, till halfe be conſumed, and to that that remaineth ſeuen or eight daies after, you muſt put a quarter of an ounce of muſke, and when you haue done ſo, you muſt alſo ſtirre it, and it will ſmell of muſke.

To make red ſealing Wax. chap. 85.

Take to one pound of Wax three ounces of cleane Turpentine in Summer, in Winter take foure, melt them together with a ſoft fire: then take it from the fire and let it coole, then put in Vermilion very finely ground, and Sallet oile, of each an ounce, and mix them well together, and it is perfect good.

To keepe Dmaſiins in ſirrop. chap. 86.

Take Damaſins, and pick them well with a knife or pinne, then take clarified Suger, as much as you thinke will ſerue, and then you muſt boile it till it bee as thicke as birdlime. Then boile your

Damaſins in the clarified Sugar till they be ſoft: then take them vp, and put them in a glaſſe: then you muſt boyle the ſirrope, till it be as thicke as the other was, before you put in the Damaſins, and ſo couer them cloſe.

## A water for the face, vſed of Gentlewomen. chap. 87.

Take Goats milke two pound, fine Flower halfe a pecke, the whites of three Egges, and make it from paſte to little loaues, and bake it, but not too much: then take more of the ſaid Goates milke, and crumme of the crummes of your bread into it, let it ſtepe all night, and wipe your face with a drie cloth, and then waſh your face with the ſaid milke, and in vſing this, it will make the face ſhine as white as ſnow.

## Another to make the face faire.

Take the ſhearing of Scarlet, foure ounces, the whites of two new laid Egges, white wine two pound, Roſemary flowers, or Roſemary it ſelfe, and ſeethe it or ſtill it, but if you ſeethe it, ſcum it cleane, and when it is cold, vſe it, and it will make the ſkinne looke ſmooth.

## Another to remoue high colour in the face.

Limons laid in Buttermilke, is an excellent meanes to remoue high colour in the face.

## A water for heat in the face, and breaking out with pimples. chap. 88.

Take Allum glaſſe two pound, the ioyce of Plantin, Purſlan, Verioyce, of each halfe a pound, the white of twenty Egges, beat them and mix them, and diſtill them: which water deſtroyeth chaſings, heats, pimples, wheales and ſcurfes whatſoeuer they be.

## To know whether a woman ſhall euer conceiue or no. chap. 89.

Take

Take the Ruine of a Hare, and hauing frayed and consumed it in hot water, giue it the woman to drinke in the morning at her breakefast, and let her stand in a hot Bath: and if there come a griefe or paine in her belly, shee may conceiue, if not, she shall neuer conceiue.

To make a barren woman beare children.
chap. 90.

Take of those little sea-fishes, called in Latine Polipi, or Polipodes, and roste them vpon the Embers without Oyle, and let the woman eat of them, and it shall profit and helpe very much, hauing in the meane time the company of a man.

To make a woman haue a quicke and speedy deliuerance of her children, without paine, or at least very little.
chap. 91.

The leaues of Wittony and stampe them, or else make powder of them, and giue the woman that laboureth, to drinke of it with a little water, and she shall be deliuered incontinent, without any great paine or labour.

To stop the running of the Raines fiue seuerall wayes. chap. 92.

Take Venice Turpentine washt in red Rose-water, foure ounces, a Nutmeg, Plantine seed, a yellow Amber-head, of each alike, with like quantity of Sinamon, & powder of Comfrey roots, which being mingled, role of Turpentine in the powder, and make it into fiue Pills as big as a beane, and take them in a spoone with sirrop of Rubarb, three in the morning, and three two houres before supper and it will helpe it.

Another for the running of the raines.

Take Nutmegs halfe a pound, and bruise them in a morter, and kneade them in dough and bake them, which bread is very healthfull.

Another speciall way approued.

Take Hazel-nuts, well pilled or blanched, two handfull, Sinkfoile and knotted grasse, of each a handfull, foure Camphire leaues: stampe the hearbs, and straine out the iuyce into two pound of Muscadell:

cadell: then beat the Nut kernels as small as you can, and put them in: Also take an Amber bead, and beat it to powder very fine, which being put in the wine to the rest, stir them all together a good while: then seeth it vntill it come to a pound and a little more, and drinke the one halfe in the morning, and the other at night, making a very light supper.

Another for the same.

Nip and Clary, fryed with the yolkes of three or foure Egs, and taken euery morning, is very good.

To strengthen the seed. chap. 92.

Take Succory, Endiue, Plantin, Violet flowers and the leaues, Clary, Sorrell, of each halfe a handfull, with a peece of Mutton, make a good broth, and to eat it euening and morning is speciall good.

For the gnawing in a womans stomacke. chap. 93.

Take a good handfull of Speermint, and a handfull of Worme-wood, and heat a tile-stone, and lay these two things on it, & make a litle bag, and when the hearbs be hot, put them in the bagge, and so lay them to her stomacke.

For an Ague in a womans brest. chap. 94.

Take Hemlocke leaues, and fry them in sweet butter, & as hot as she may suffer it, lay it to her brest, and lay a warme white cotton, and it will drive it away in a short space.

For breasts that be sore with milke.
chap. 95.

Take Linseed Oyle, and Wax, melt them, and wet a rag therin, and lay it to the brest warme, which will dry with the milke.

For a sore brest. chap. 96.

Take beane flower two handfull, braune, powder of Fengricke, of each a handfull, white Vineger a pound, three spoonefull of honey, and three yolkes of Eggs, seeth all till it be thick, and lay it warme to the brest, which will both breake it and heale it, alwayes crushing out the matter when you shift it.

To

To keeepe a womans breſt from breaking.
chap.97.

Take Sage, Marigolds with the blacke ſeed, and the ſharpeſt nettles, of each halfe a handfull, bruiſe them together, and lay it to, which will keepe it from breaking.

For the breſts broken or not.

Take oile of Roſes, beane flower, and the yolke of an Egge with a little Vineger, ſet it on the fire till it be luke-warme, then with a feather anoint the place.

For the vnnaturall heat of the Liuer. chap.98.

Take Borage, Bugloſſe, Succory, Violets, Fumitory, yong Hop-buds, Fennell-buds, of each a quarter of a handfull, young Mallowes, and Mercurie, of each halfe a handfull, boyle theſe in a pottle of whey, and ſtraine them.

For the canker in the mouth.
chap.99.

Take halfe a pint of Ale, & a ſprig of Roſemary, & ſeethe them all together, & ſcum your Ale, & then put in a peece of Allum, as much as a nut, and a ſpoonefull of honey, & two ſpoonefull of Honiſuckle water.

To make the face faire, and the breath ſweet.
chap.100.

Take the flowers of Roſemary, and boile them in white Wine: then waſh your face with it, and vſe it for a drinke, and ſo ſhall you make your face faire, and your breath ſweet.

To make haire as yellow as gold. chap.101.

Take the rine or ſcrapings of Rubarbe, & keepe it in white wine or in cleare lie, & after you haue waſhed your head with it, you ſhall wet your haires with a ſponge, or ſome other cloth, and let them dry by the fire, or in the Sun. After this wet them, & drie them againe, for the oftner they doe it, the fairer they wil be, without hurting your head any thing at all.

To driue away all venemous beaſts from your houſe. chap 102.

Take Iuniper, the ſeed of Agnus Caſtus, the ſhels of riuer Creuelles, Harts horne, the greaſe or ſuet of a Bucke, Berſe or town Creſſes, Organie & bittanie: make of al theſe drugs a dough or paſte.

paste. And when you will vse or occupy it, burne it, for whereas the smoke thereof goeth, the beasts will void away.

## Against all poyson eaten and drunken. chap. 103.

Hauing knowledge that any man is poysoned, the chiefe remedy is to make him vomit the poyson, in giuing him Oyle. Oliue luke-warme to drinke alone, or mixt with warme water. And if you haue no Oyle, giue him Butter with hot water, or with the decoction of Linseed, or the seed of Nettles, or of Semicrecum: and all these things purge the venome as well downward as vpward. After hauing made him vomit diuers times, you must purge him with sharp Glisters downward. Then giue him water mixt with honey, and also old wine enough to drinke. But if you can get good Treakle or Mithridate, they are the principallest against poysons, with Terra Sigillata, Acorne shels, and giue it him in good wine. Let his meat be fat flesh of old Beasts, and fat Broth especially of Hennes, and fat fish, and let him not sleepe. And in continuing with this meanes, he shall be deliuered by the helpe of God.

## To driue away Lice. chap. 104.

Take Incense, and the Lard of a Barrow hogge, properly called Barrowes greace: boyle them together in an earthen pan or pot leaded, and with this oyntment rub and anoynt the place where the Lice be.

## How to make a soueraigne water, that M. Doctor Stephens, Physician, a man of great knowledge and cunning did practise, and vsed of long experience: and therewith did very many cures, and kept it alwaies secret, till of late a little before his death, Doctor Parker, late Archbishop of Canterburie, did get itin writing of him. chap. 105.

### The Receit.

Take a gallon of good Gascoine wine, then take Ginger, Galingale, Camomile, Sinamon, Nutmegs, Graines, Cloues, Mace, Anisedes, of euery of them a dramme. Then take Sage, Mint, red Roses, Time, Pellit drie of the wall, wilde Marioram, Rosemarie,

Penny

Penny mountaine other wise called wilde Time, Camomile, Lauender, and Auens, of euery of them one handfull: then beat the spices small, and bruise the hearbs, and put all into the wine, and let it stand twelue houres, stirring it diuers times. Then still it in a Limbecke, and kæpe the first pint of the water, for it is the best: then will come a second water, which is not so good as the first.

The sundry vertues and operations of the same many times approued.

The vertues of these waters be these: it comforteth the spirits, and preserueth greatly the youth of man, and helpeth the inward diseases comming of cold, against shaking of Palsie: it cureth the contract of sinewes, and helpeth conception of women that be barren: it killeth the wormes in the belly. It helpeth the cold gout, it helpeth the toothache, it comforth the stomacke very much, it cureth the cold dropsie, it helpeth the stone in the bladder, and in the reines of the backe: it cureth the canker, it helpeth shortly a stinking breath. And whoso vseth this water euer among and not too oft, it preserueth him in good liking, and shall make one seeme young very long. You must take one spoonefull of this water fasting, but once in seuen daies, for it is very hot in operation. It preserued Doctor Stevens, that hee liued fourescore and eightæne yeeres, whereof ten yeares he liued bedred.

To make a water that taketh off all staining, dying and spots from the hands of Artificers, that get them by working, and maketh them white and faire. It is good for them that be Sun-burned. chap. 106.

Take the iuyce of a Limmon, with a little Bay salt, and wash your hands with it, and let them drie of themselues: wash them againe, and you shall finde all the spots and staining gone. It is also very good against the scurffe or scabs.

To heale all manner of inflammation, and euill disposition of the aire, lepry faces, great swollen legs, or inflamed hands. chap. 107.

Take flower, or Amillum made of Barley, which ye shall easily buy at the Apothecaries, and sethe it halfe an houre in common water, then straine it, and put it into another new pot that is cleane and neat, putting to it a few Mallowes, Succorie, Hoppes, Endiue and Borage, and sethe all these together vntill it be dissolued, and adde to it an ounce of Sandall, and then straine all, and take a linnen cloth, as much Cassia extracta as will goe into two nuts, and put it within the said linnen cloth with the Cassia, while the water is hot, pressing it so hard betweene your two fingers, that the substance of it may go into the water, then put to it Sugar or Pennides, as much as you will. Of this drinke (which is of very amiable sauour) you must take from day to day a litle glasse full in the morning, lying in your bed with your brest vpward, then laying some linnen cloth vpon your stomacke, slepe if you can, and take of it also after you be vp, and haue done your necessary: the which doing, you shall finde your selfe very well healed in few daies. But here note that this must be done in the Summer, and not in the Winter, and he that hath his stomacke very cold, may weare before his brest some peece of Scarlet, or other cloth, and sometime anoint his stomacke with an Oyle made for the weakneſſe of it, the perfect composition whereof we will put hereafter.

## A singular ointment which healeth all burnings with fire, not leauing any skarre where it hath beene. chap. 108.

Take the white of two egges, two ounces of Tuna Alexandrina, two ounces of quicke Lime, walhed in nine waters, an ounce of new Wax, with as much Oyle Roset as shall suffice, and make thereof an Oyntment, which ye shall finde very good for this that we haue spoken of.

## To draw an arrow-head or other iron out of a wound. chap. 109.

Take the iuyce of Valerian, in which yee shall wet a tent, and put it into the wound, laying the said herbe stamped vpon it, then make your binding or band as it appertaineth, & by this meanes you

you shall draw out the iron. And after heale the wound according as it shall require.

## For him that hath a bunch on his head, or that hath his head swollen with a fall. chap. 110.

Take an ounce of Bay salt, raw honey three ounces, Commin three ounces, Turpentine two ounces, intermingle all this well upon the fire. then lay it abroad upon a linnen cloth, and make thereof plaisters, the which you shall lay hot to his head, and it will altogether asswage the swelling, and heale him cleane and neat.

## To know what time in the yeere herbs and flowres should be gathered in their full strength. chap. 111.

Medicines are made diuers and sundry wayes, some by leaues, some by seeds, some by roots, some by hearbs, some by flowres, and some by fruits. Such leaues as are put in medicines, should be gathered when they'be at their full waxing, ere that their colour be changed, or that they fade any thing.

Seeds when they sall be full ripe, and the moistnesse somewhat dried away.

Flowres should be taken when they be fully open, ere they begin to fade.

Herbs should be gathered when they be full of sap, and ere they shrinke.

Rootes should be gathered when the leaues fall.

Fruits should be taken when that they be at their full growth, or when they fall, and the heauier the fruit is, the better, and those that be great and light in ponderation, chuse not them, and those that be gathered in faire weather, be better than those that be gathered in raine. And those hearbs that grow in the fields are better than those that grow in townes and gardens, and those that grow on hills in the fields, are best for medicines, for commonly they be lesse, and not so fat, and haue more vertue.

Many hearbs there be that haue speciall time to be gathered in: and if they be gathered in that time, they haue the full vertue, to

their property, or else not so good. Some doe helpe whensoeuer they be gathered, and some are naught, if they be gathered out of time: therefore marke well what I teach thee.

Bettonie should be gathered principally in Lammas moneth, with the seed and the roots, and without any Iron toole, and it must bee dried in the shadow: for Medicines it may be gathered other times, but euermore it is the better if it be gotten without iron, and it must be gathered before the Sunne-rising.

Swinesgrasse may be gathered when it pleaseth you, in time of need.

Cammomill should be gathered in Aprill
Pellitorie should be gathered in June, before the Sun-rising.
Red Mocke should be gathered when they need daily,
Longde beefe must be gathered in June and July.
Peniwort must be gathered in the beginning of winter.
Germander should be gathered in Lammas moneth.
Dragant should be gathered in June and July.
Columbine in Lammas moneth.
Addertong must be gathered in Aprill.
Pedelion when thou wilt.
Groundsill alway after midday.
Mallwoth, when it pleaseth you, without iron.
Violet should be gathered in the moneth of March, and in this moneth should Violets be put in suger and sirrop.

Roses should be gathered in Aprill or May, and of them should be made Suger-roset in sirrop of Roses, and in the same moneth should oile be made of Cammomill.
Rosemary flowers should be gathered in May.
Sentory when it beginneth to flower.
Organum in the moneth of June.
Sollequi should be gathered the sixteenth day of August, before the Sun rising, without iron.
Harts-tongue should be gathered before day in November.
Aristologia should be gathered the same time.
Garlike may be taken when you need for Medicines.
Wilde Garlicke should be gathered when it flowreth.
Gourds should be gathered in the end of September, when they

be

be ripe, and dried where the Sunne may be all day.

Wilde Rep-berries should be gathered when they war yellow.

Cucumber should bée gathered when the fruit is ripe, and the fruit should be laid vnder Vines, where the Sunne may not haue all his strength on it in a moist place, that it may rot, for then the séed shall be good and full of kernels.

Citrull when the fruit is ripe, and dried in a dry place in the Sunne.

Calamint should be gathered when it flowreth, and dry it in the shadow, and it will last a yéere.

Saffron should be gathered before the Sunne arise.

Godur, that groweth among Flax, should be gathered when hée beginneth to flowre, and it may be kept thrée yéeres.

Eleber should be gathered in harvest time.

Fennell séeds should be gathered in the beginning of harvest, and two yéeres they may be kept.

The roots of Fennell should be gathered in the beginning of the yéere, and two yéeres they are good.

Baldemoney, that some men call Genlian, should be gathered in the last end of the yéere, and foure yéeres it is good enough.

The root of this herbe is vsed, and how thou shalt know him is this, that he be very bitter, the lesse bitter, the worse.

Also loke that it be white, whole, and not hollow within, but sad, and not brittle, nor full of powder.

Galingale is called in Physicke Typus; it may be taken at all times when you will, but best it is in the end of Ver: and thrée dayes it must be laid in the Sunne, and so be dried, that the moisture rot it not, and then you must kéepe it in the shadow.

Flower-de-luce should be gathered in the end of Ver, and dried in the Sunne, and it will last two yéeres well.

## Here follow the ſundry vertues of Roſes, for diuers Medicines. chap. 112.

Roſes be cold and moiſt in two degrées: It hath theſe vertues, ſtampe it and lay it to a ſore that burneth and aketh, and it ſhall ceaſe both the burning and aking.

Alſo it is good for the Feauer in the ſtomacke, and againſt all euils that are gendred in hot humors.

Alſo, let any woman drinke it with wine, and it ſhall forthwith cauſe her to reſtraine bleeding, and helpe the marrowes of the wombe.

Alſo make oyle of Roſes, and that is a principall receit for pricking in ſinewes, and the water thereof is good for ſore eyes, and for hot euills, and the oyle is good for the head ache to anoint therewith the temples, and the root of him is good to draw forth iron or other things in a mans foote, and the redde roſe is much better than the white.

## The ſundry vertues of Lillies. chap. 113.

Lillies are cold and dry in the third degrée, and ſo ſaith Galen, that who ſo ſætheth the leaues in water, it is a noble plaiſter for ſinewes that are ſhortned, and it is good for all manner of burnings and ſcaldings.

Alſo, when the leaues and rootes are ſodden in old wine, and tempered vp with honey, it is a profitable plaiſter. for ſickneſſe that are ſtaruen. Alſo the water and the iuyce is good for to waſh thy briſſers and to take away the freckles on mans viſage or womans: and the root is good to ripe therewith botches, and for to breake them.

## Of the ſundry vertues of Milfoyle. chap. 114.

Milfoyle is hot and dry in the ſecond degrée, it is good to ſtanch the bloodie flux, and the iuyce thereof healed the biting of a red hound: and if it be ſod in red wine, drinke it, and it ſlaieth wormes in the womb, and it ſoftneth the hardnes in a mans womb, and helpeth the Jaundiſe and dropſie.

And

And take the herbe and stampe it, and temper it with Vineger, and it will doe away blood in woundes, and it will cease the toothach when it is chewed fasting. Also it is good for the stinging of an Adder, when it is sodden in wine, drinke it, and lay the substance thereto, and it will draw the venome out of the sore.

## The sundry vertues of Rosemary. chap. 115.

Rosemary is hot and drie: take the flowres thereof, and put them in a cleane cloth, and boyle them in faire cleane water, vntill halfe be wasted, and cole it, and drinke that water, for it is much worth against all manner of euils in the body.

Also, take the flowres, and make powder thereof, and binde it to the right arme in a linnen cloth, and it shall make thee light and merry.

Also, eat the flowres with honey fasting, with sowre bread, or else with other bread, and there shall arise in thee no euill swelling.

Also, take the flowres, and put them in thy chest among thy cloth or among thy bookes, and mothes shall not destroy them.

Also, boyle the flowres in Goats milke, and then let them stand all night vnder the aire couered, and after that giue him to drinke thereof that hath the Misicke, and he shall be holpen.

Also, if there be any man that is rammage, take the flowres, and leaues a great quantity, and boyle them together in a good quantity of cleane water, in that Patient Balneat, and it shall heale him.

Also, boyle the leaues in white wine, and wash thy face therewith and thy beard, and thy browes, and there shall no corne spring out, but thou shalt haue a faire face.

Also, put the leaues vnder thy bed, and thou shalt be deliuered of all euill dreames.

Also, breake the leaues to powder, and lay it on the Canker, and it shall kill it.

Also, take the leaues, and put them in a wine vessell, and it shall keepe the wine from all sowrenes and euill sauours: and if thou wilt sell thy wine, thou shalt haue good speed.

Also, if thou be feeble with vnkind sweat, boyle the leaues in cleane

cleane water, and wash thy head therewith, and thou shalt be deliuered from that euill.

Also if thou hast lost appetite of eating, boile well these leaues in cleane water, and when the water is cold, put thereunto as much of white wine, and then make therein a sop: eat thou thereof well, and thou shalt restore thy appetite againe.

Also, if thou haue the Flux, boile the leaues in strong Eyzill, and lay them in a linnen cloth, and binde it to thy wombe, and anon thy Flux shall be withdrawne.

Also, if thy legs be blowne with the Gout, boile the leaues in water, and then take the leaues, and binde them in a linnen cloth, and winde it about thy legs, and it shall doe thee much good.

Also, take the leaues, and boile them in strong Eyzell, and binde them to thy stomacke in a cloth, and it shall deliuer thee of all euils.

Also, if you haue the cough, by stirring, or by any other way, drink the water of the leaues boiled in white wine, and ye shall be whole.

Make powder of the rinde of Rosemary, and drinke it, and if thou be in the pose, thou shalt be deliuered.

Also, take the timber thereof, and burne it in coales, and make a powder thereof, and then put it in a linnen cloth, and rub thy teeth therewith, and if there be any wormes therein, it shall slay them, and keepe thy teeth from all euils.

Also, of the wood make a boyst to smell thereto, and it shall keepe thee youngly.

Also, make thereof a barrell, and drink thou of the drink that standeth therein, and thou needst not dread of any euill being therein: and if thou set it in the field, or in thy Garden, keepe it honestly, and it shall bring forth much increasing of it selfe.

And if a man haue lost his smelling of the aire, that he may not draw his breath, make a fire of the wood and bake his bread therewith, and eat it, and it shall keepe him well.

Also, a man that hath the Gout, take Dyle of Roses, and the yolk of an Egge, and the flowers of Rosemarie, and meddle them together, and doe it to his sore, and he shall be holpen.

How

## For to make a speciall soueraigne water, which is of three colours, and it is called the mother of all waters, which is very excellent to cure the canker, the pocks, or leprosie, or any other kinde of superfluous humours, or any sore old or new, and it is thus made.

chap. 116.

Take Turpentine foure pound, of Frankincense, Mastick, of either two ounces, Allowes Epaticke, Dates stones, Labdanum, Castorium, rootes of Betanie, rootes of Enula Campana, of each two ounces, distill them in a Limbeck of glasse, with a soft fire. The first water is cleare: the second water is yellow, and swimmeth aboue the other: the third water is reddish like Saffron, and when it beginneth to be redde and thicke like honny, then beginneth the third water. The first water burneth like a candle: the second water curdeth like milke, and if you put one droppe of the third water into a cup of drinke, it goeth presently to the bottome, and there will it lie an houres space, and then mount vp to the toppe, as true Bawm doth: and with this water, if you wash your face twice a day, and chiefly your Nostrils, it cureth the rewme descending from the braine, and clarifieth the sight. And if you wet a linnen cloth in this water, and lay it to any sore legge or arme that hath dead flesh, it will cleanse it, and driue away the ache within fiue houres space, and it consumes all Apostumes, Vlcers, Fistules, Pustules, Emeroids, and healeth all græne wounds. And if ye dip a linnen cloth therein, and make it firefold, and lay it to the noddle of your necke, it healeth the Palsie: and so likewise it cureth the Gout, or any sinnew that is drawne together therewith, bathe it thrée or foure times together warme.

The water that is of the colour of blood, is of such vertue, that if a leaprous man or woman vse thereof fifténe dayes together, halfe a spoonefull enery day, he shall be healed.

The first water is of such vertue, that if it be put in a fresh wound, it healeth it in foure and twenty houres, if it be not mortall.

And it healeth all kind of cankers, crepces, Noli me tangere, within fifténe dayes, if you wash them with the said water enery third

day, and if you make rags of cloth, and dip it in the same water, and lay it vpon a plague sore, and drop one drop therein, and it mortifieth the malignity thereof, and that shortly. And if you drop one drop in the eye, that hath a pearle, or is halfe blind, it will recouer it in eight dayes without any paines: and if you drinke a spoonefull of it with white Wine, it will recouer the Strangury or dissure within fiue houres, and breaketh the stone within two houres, whether it be in the reines or in the bladder. The water that hath the colour of blood is most precious it comforteth the weake member, and preserueth the body from all diseases, and purifieth rotten blood, and healeth all diseases of the Milt, and keepeth away the Gout, and causeth good disgestion, it purgeth cold and rotten blood, and putteth away ill humors, and healeth all agues. This water must be vsed from the moneth of November, to the month of Aprill and you must take but halfe a spoonefull at once, nor oftner than once a weeke.

The manner to make this water, ye must haue a glasse a cubite high, and fill it with Aqua vitæ made with Wine, and stop it well, then put it in horse-dung, so that it be not moist, nor too wet, lest the glasse breake, and you must leaue the necke of the glasse without in the ayre; that glasse through heat of the dung will boyle sore, so that the water will ascend to the necke of the same, and descend againe to the bottom through the ayre, and so let it stand thirty daies, then take out the glasse, and put these things following in the water, and stoppe the mouth that it breathe not out, and so leaue it in eight dayes,

Last of all, put the glasse in Balneo Mariæ with sand, setting on a head with a receiuer, well stopped, and make a soft fire, and gather the first water that drops cleare, but when you see the second Water turne into redde colour, change the Receiuer, for then beginneth the second water to come, and that will keepe well in a glasse well stopped.

The spices that goe to this water, be these, with the hearbs, Cardanum, Cloues, Nutmags, Ginger, Galingale, Zedoaire, Pepper, Spikenard, Laurell berries, Smallage seedes, Mugwort seedes, Fennell seedes, Annis seedes, Flowers of Basill, Elderne flowers, redde-Roses and white, Lignum Aloes, Cubibes, Cardanum, Calamus Aromaticus, Maces, Germander, Frankincense, Turmentill, Iuniper, Egrimonie, Hentory, Fumitorie, Pemperneli,

nell, Dandelion, Eufrage, Endiue, ſéedes of Sorrell, yellow Sanders, Fetherfoy, Alloes, Epatick, of each two ounces, Rubard, two drammes, dry Figges, Reaſins, Dates without ſtones, ſwéet Almonds, of each two ounces, Aqua vitæ, to the quantity of them all, that is, for one pound of Engredience, foure pound of Sugar, two pound of honey. This water is called, The mother of all waters.

A perfect way to cure the loathſome diſeaſe of the French pocks, paines in the loynes, lameneſſe of limmes, palenеſſe of colour, loathſome ſcabbes, or any other filthy diſeaſe proceeding of ſuperfluous or euill humours, as alſo to aſſwage ouer-groſſe and foggie fat bellies, and that without danger.

chap. 117.

Firſt, it is néedfull to prouide for the ſicke body a cloſe and cleane Chamber out of all groſſe aire, and cleane warme garments, both for body and legges, and at riſing and going to bed, a fire of Charcoales, for wood is not ſo wholeſome for ſmoaking: alſo, they muſt not be troubled with any thing to bring them out of patience, for that corrupteth the blood, which muſt be new altered: alſo the ſicke body muſt eate but little meat, and that kinde of meate as ſhall hereafter be preſcribed, and at ſuch time as ſhall bée appointed, and let the ſicke body vſe playing on inſtruments, or heare ſome playing, or tell merry tales, and let him haue no company of any woman, for that is a moſt dangerous poyſon for the health of any perſon in that caſe.

Secondly, you muſt prepare two braſſe pots or elſe iron, one being foure gallons. the other ſix gallons, one for ſtrong drink, the other for ſmall drinke.

Alſo, you muſt haue cloſe couers to them of braſſe or iron, you muſt alſo prepare certaine good earthen veſſels, with cloſe couers, to kéepe your drinke in, of both ſorts by themſelues. Moreouer, you muſt haue a ſtrainer, of a ſearce-cloth, to ſtraine your drinke after it is decoct, Inſtruments to take out the dead fleſh, and to